

YEAR: _____

Positive Reflections on the Year gone by

MY TOP 5 ACCOMPLISHMENTS OF 2023

- _____
- _____
- _____
- _____
- _____

WHAT DID I DO WELL?

HOW CAN NEXT YEAR BE BETTER?

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BIGGEST LESSONS FROM 2023

I AM GRATEFUL FOR...

THE HARDEST THING ABOUT THIS YEAR WAS

WHAT I NEED TO IMPROVE ON



YEAR: _____

Positive Reflections on the Year gone by

Reminders to Reflect on...

1. Beautiful settings, things or experiences that you have seen
2. A mindful moment that helped you center
3. A kindness that you showed to someone
4. Something hard that you did or maybe there were lots of hard things
5. One way that you became more clear about who you are or what you need
6. A time that you showed yourself compassion or kindness
7. A time you were aware of your body and you could feel it's power and strength
8. Something new that you learned
9. A way that you stretched yourself or took a risk – to try something new, to learn something or engage in something or with someone
10. A time you were able to recognize your emotion and give it space and sit with it a bit more than before without being reactive or shutting it down
11. A time you were able to be flexible in the face of life's unpredictability

