

# JOURNAL

## Reflection Questions For The Past Year

1. What are you most grateful for about this past year?
2. What made you feel most self expressed in your business and as a leader?
3. What made you feel purposeful this past year?
4. What was the single greatest lesson of this past year and what did it teach you about yourself?

5. What new qualities, skills, superpowers did you discover about yourself this past year?

6. What was your most courageous action this year?

7. What was your most selfless act this past year?

8. What did you get absolutely clear on this year?

9. What relationship most supported your growth this past year?

10. In what way(s) did you grow spiritually?

11. What 3 words best describes this past year?

12. What do you want to get absolutely clear on for next year?

13. What does success look like for you in the upcoming year and how do you need to redefine your definition of success?

14. What single thing do you need to do this coming year to feel more productive and intentional around how you manage your time?

15. What new relationships do you want to call in for the upcoming year?

16. What creative projects do you want to bring into the world this upcoming year?

17. What is your single biggest challenge in making this next year off the charts successful in your eyes? What are you committed to doing to overcome this challenge?

18. What tweaks do you need to make to your spiritual practice going forward in this next year and how will it support you?

19. What 1-3 words best captures your intention for the next year?

----- CUT QUESTIONS FROM HERE -----

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