

2020 REFLECTIONS WORKSHEET

2020 has tested us in new ways but it has also been a tremendous opportunity for growth. Use this guide to help bring awareness to where you thrived and areas to focus on for 2021!

Reflect on 3 things you're proud of yourself for accomplishing this year:

#1

#2

#3

WHAT DID YOU LEARN?

Reflect on what you learned about yourself during this year of change. Did you adapt to the changes? Did you resist? Did you pivot your focus to positive changes you could make or did you fall into destructive patterns? Be very honest with yourself.

WHAT WILL YOU CHANGE?

Write what you'd like to change or work on in 2021

2021 INTENTIONS

Set your Intentions & goals for 2021. How will you commit to unlocking your highest potential in 2021.