

# Annual Reflection Worksheet

**Your 30-Minute Reset for Life & Business Clarity**

# Section 1: Your Year at a Glance

Prompt	Your Reflection
3 things I'm proud of this year	
3 challenges I overcame	
What drained my energy?	
What gave me joy or purpose?	
A moment I'll never forget	

## Section 2: Life Reflection

Prompt	Your Reflection
How did I grow personally?	
What habits helped me?	
What habits held me back?	
What area of life felt most balanced?	
What area needs more attention next year?	

## Section 3: Business / Career Reflection

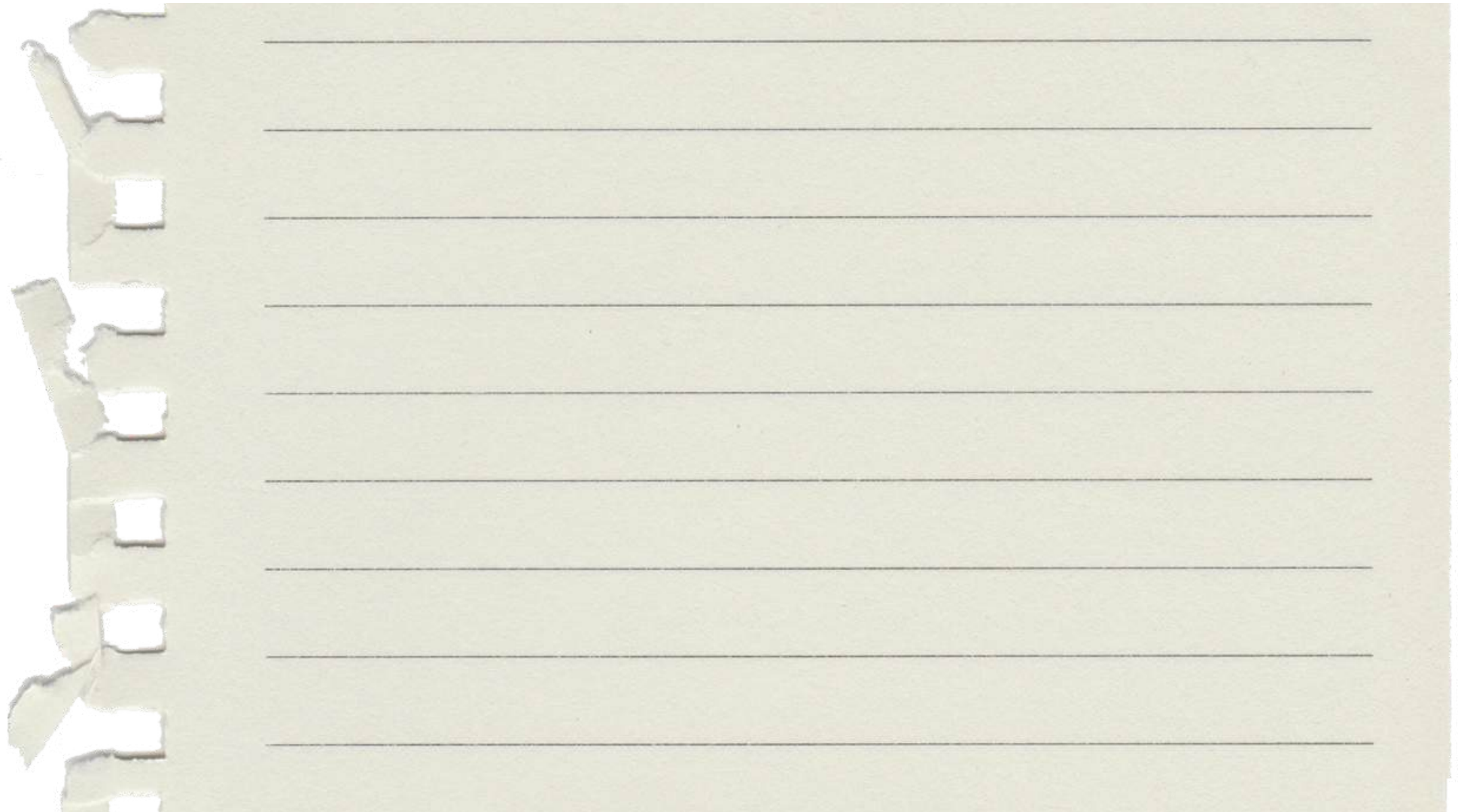
Prompt	Your Reflection
What were my biggest wins in business/work?	
What goals did I hit (or miss) and why?	
What systems worked well?	
What caused stress or burnout?	
What would I do differently next year?	

## Section 4: Looking Ahead

Prompt	Your Reflection
3 things I want to continue	
3 things I want to stop doing	
My theme or word for the year ahead	
How I want to feel next year	
My top 3 goals for the new year	

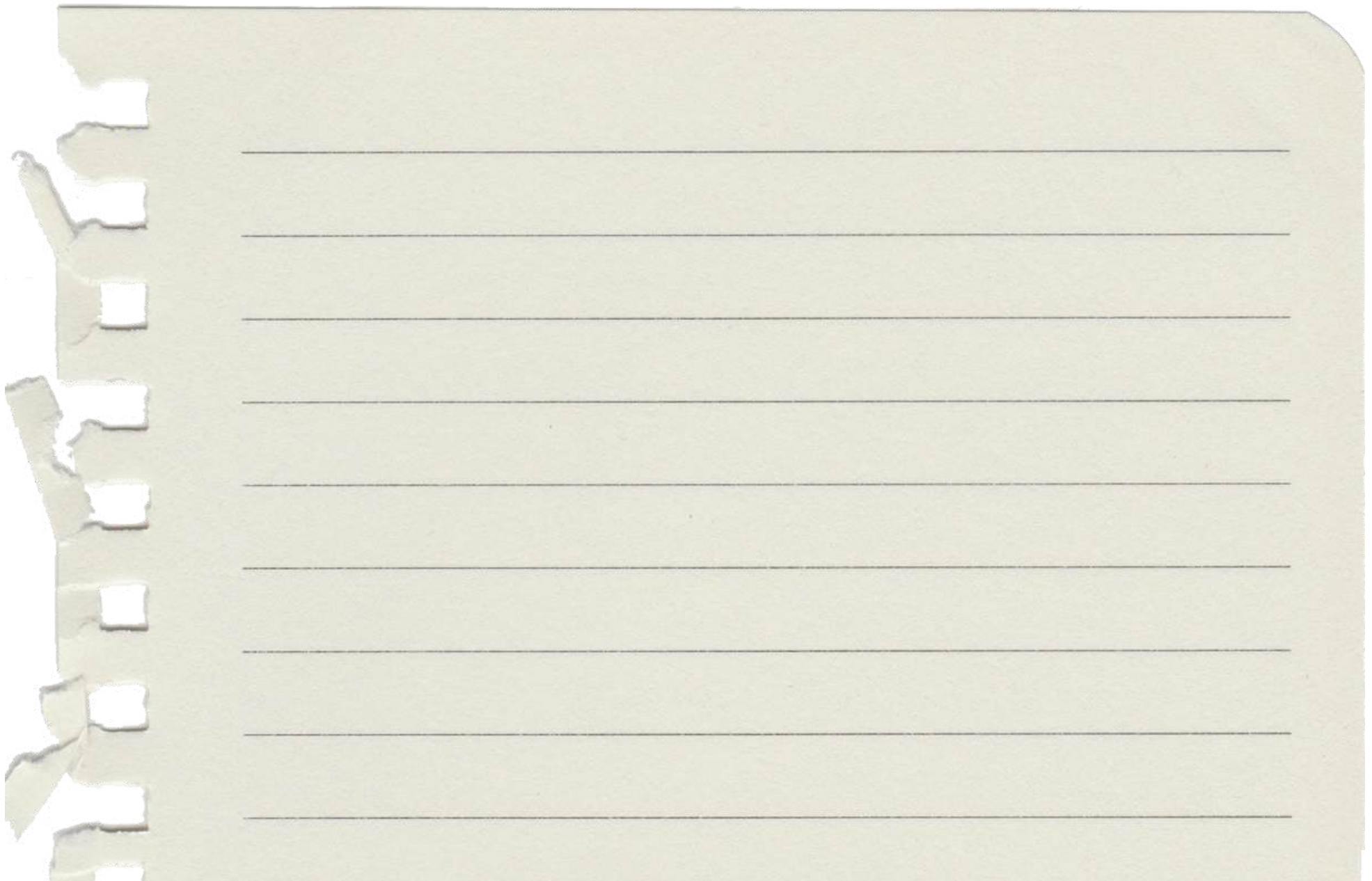
## **Bonus: Space for Free Journaling**

Please feel free to write freely about anything else on your mind as you plan. Dreams, fears, intentions, or wild ideas—this is your space.





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