



End of the Year

Reflection

by



Productive
Fish

How to use this template?

Hey there! Ready to dive into some end-of-year reflection? Awesome!

Here's how to get started with the worksheet:

1. Find time and place when nobody will interrupt you.
2. Grab a cozy blanket, prepare your favorite beverage.
3. Let go of all expectations. Be open, honest, and a little bit brave.
4. Turn on ambient music to get into the focus mode.

It will take time and effort to complete this worksheet, but keep in mind that we are shaping our life here. Investing in oneself is among the best decisions you can make.

And it's totally okay if you can't finish it in one day. Take your time 😊



Now let me guide you through how to use this template. It's super simple and really flexible, so you can make it your own.

1. **Monthly highlights.** For each month, there's a space to jot down your most memorable moments, what you're grateful for, and what you've learned. It's like a mini-diary for your year!
2. **Deep dives.** You've got sections for different life areas – health, career, finances, etc. Think about your triumphs, your challenges, and all those little steps of progress. After each section, give yourself a score. How satisfied are you in this area? Then, plot these scores on the Wheel of Life. It's a cool way to see your life balance visually!
3. **Wrap it up!** At the end, there's a 'Year in Review' summary. This is where you'll tie everything together. Reflect on your biggest achievements, the lessons you've learned, and how you've grown.

Remember, there's no right or wrong way to do this. It's all about your journey, your insights. So grab a pen, or a keyboard, and let's get started. By the end, you'll have a clearer picture of your year and a roadmap for the next. Enjoy the process! 🌟

The most memorable moments

For each month jot down the *most memorable event or highlight that occurred*. Capture your year's standout moments.

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Monthly moments of gratitude

For every month in 2023, write down something you were *grateful for*. It's a way to remember and appreciate the positive moments throughout the year.

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Life lessons learned in 2023

Reflect on *experiences that taught you something* valuable and shaped your perspective throughout the year.

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Reflect on key areas of life

Before you start analyzing 8 areas of life , consider using next self-reflection tips:

1. **Feel your emotions.** When you look back on your year, let yourself really feel all the emotions, good and bad. Whether you like to write, run, or do yoga, find what works for you to connect with those feelings. Everyone has their own way of doing this.
2. **See the good in you.** Don't just focus on your mistakes or what you could've done better. Remember to also see the good stuff about yourself. If it's tough, maybe ask a close friend to help point out the positives you might not see.
3. **Take a break.** Before you start reflecting on your year, take a break from your daily routine. This helps you see things more clearly.
4. **Look back.** Think about the main events, what you achieved, and the challenges you faced this year. Try to understand how they affected you and what you learned from them.
5. **Hear your inner voice.** Listen to your thoughts and feelings about the past year. Give yourself some quiet time to really hear what your inner voice is saying.



Once you've completed each section. Give yourself a score by asking yourself, "How satisfied am I in this area of my life?" Following that, you can start charting them on the Wheel of Life (page 15) or when you complete the reflection for each area.

See the balance in your life in a pretty cool and visual way with this. You'll be able to tell which areas are doing well and which ones may require additional care. It's a fantastic tool to finish your introspection and begin making plans for a more balanced year in the future!

“The key to happiness is really progress and growth and constantly working on yourself and developing something.”

Lewis Howes

Health

Pause to evaluate your health and wellness journey over the past year. Think about the achievements and challenges in your physical health, and how your lifestyle habits have influenced your health goals.

Changes happened in my physical health this year include ...

My diet, exercise, and rest habits affected my health goals by ...

Key achievements

Main obstacles

Here, rate each area of life from 0 to 10, where 0 means the least satisfaction and 10 means the most satisfaction.

General score: /10

Career

Reflect on your professional path this year. Consider your major achievements, how you've grown in your career, and the challenges you've overcome.

My major career highlights in 2023 year were...

I grew professionally and learned...

Challenges

Solutions

General score: /10

Finances

This section encourages you to think about the shifts in your financial situation, the achievements you're proud of, and the challenges you've navigated.

My financial situation changed this year due to...

The financial accomplishments I'm most proud of this year include...

Challenges

Solutions

General score: /10

Family and friends

This section is about appreciating and understanding the role of relationships with family and friends played in your life. Think about connections and moments that defined them.

My relationships with family and friends changed this year by...

The most special moments with my loved ones this year included...

Conflicts I faced

I handled them by

General score: /10

Love's journey

Take a moment to think about your love life this year. Look at the good times and tough times, and consider how you've contributed to your partnership's health and happiness.

My romantic relationship or partnership evolved this year by...

I contributed to the well-being of my romantic relationship by...

Challenges

Solutions

<i>Challenges</i>	<i>Solutions</i>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

General score: /10

Leisure snapshot

Pause and look back at fun you had and how you balanced work with well-deserved breaks. Remember what and who made you smile.

This year, fun and relaxation manifested as follows...

My most enjoyable leisure activities were...

To maintain a good work-life balance, I...

General score: /10

Personal growth

Think about the new interests you delved into and how your experiences have shaped you. Have you stepped out of your comfort zone and what these moments taught you?

In 2023 I learnt more about such new topics / skills ...

I stepped out of my comfort zone, and I learnt from it that ...

Challenges

Solutions

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
---	---

General score: /10

Space and surroundings

Take a look at how your physical environment affected your year. Consider its impact on your mood and productivity, and think about the changes you made to improve your surroundings.

The ways my environment impacted me this year were...

My mood and productivity were influenced by environment through...

The improvements I made to my surroundings included...

General score: /10

“It is always our own self that we find at the end of the journey.

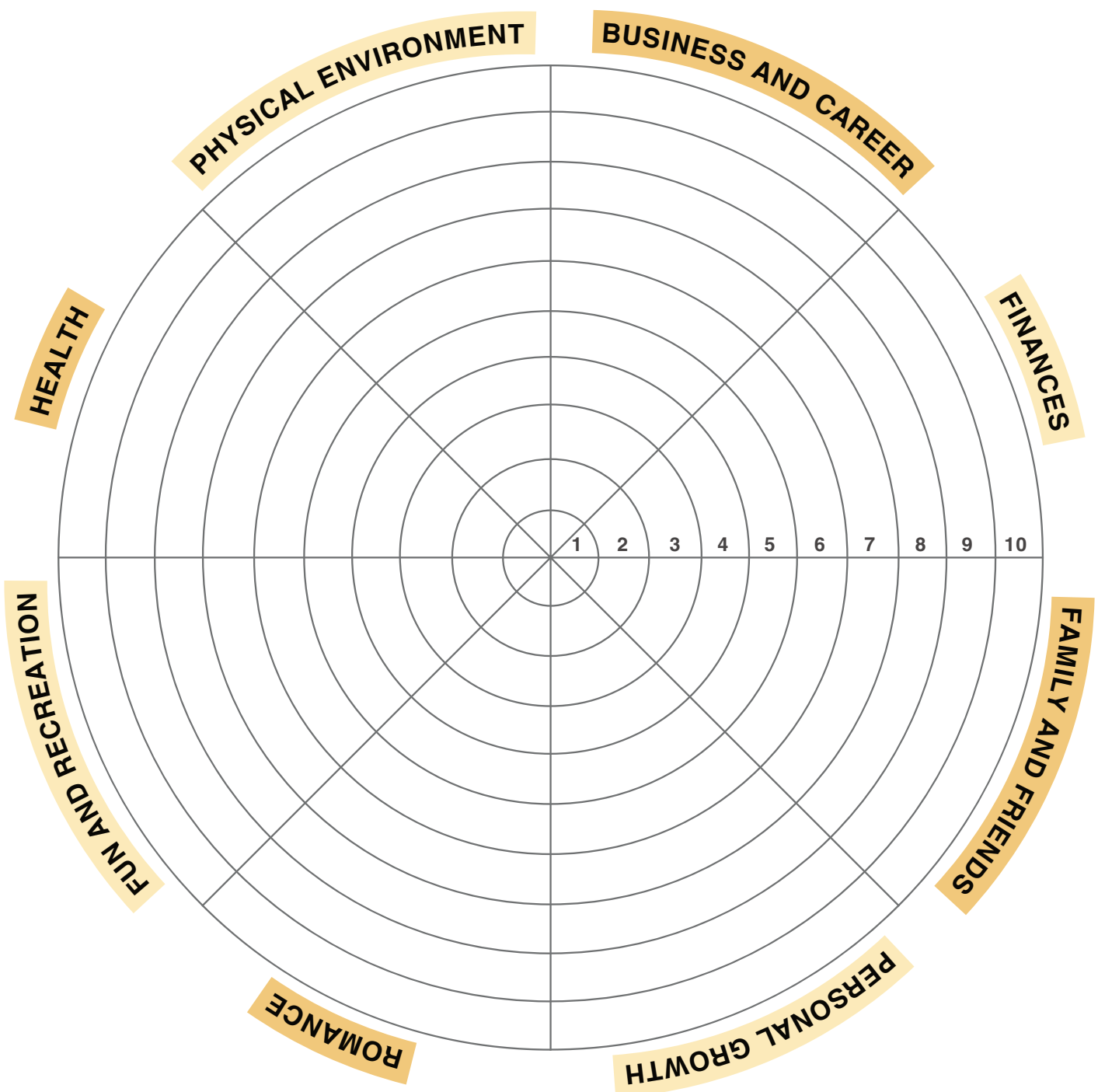
The sooner we face that self, the better.”

Ella Maillart

Wheel of Life

Now that you've reflected on various areas of your life and assigned each a score, it's time to bring these insights together using the Wheel of Life framework.

The visual nature of the wheel ensures you consider all areas of your life, not just the ones that are currently top of mind. And as you've completed life wheel - you can see at a glance how balanced different areas of your life are.



Year in review summary

As you come to the end of your year-long reflection, it's time to summarize your key findings. This is an opportunity to crystallize your main thoughts and experiences, the key moments of your journey in 2023. Consider these prompts to help you gain clarity and closure.

In 2023 year I am most proud of...

Someone I met this year who is now in my life is...

The most challenging part of this year for me was...

Something I did that completely surprised me and was unexpected was...

The biggest lesson I really faced was... and from it, I got...

What I am most grateful for this year is...

Three words to describe the past year are... because...
