

# 2023 REFLECTION

Use a few, or all ten of these questions to reflect on the year and guide you in your goal setting for the upcoming year.

What were my major accomplishments in 2023?

What challenges did I face, and how did I overcome them?

How have my priorities and values evolved throughout the year?

What did I learn about myself in 2023?

Did I maintain a healthy work-life balance?

What moments brought me the most joy and fulfillment?

How did I invest in my physical and mental well-being?

Did I nurture important relationships in my life?

What goals did I achieve, and what goals remain unfulfilled?

What is my vision for the upcoming year?