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REFLECTION GUIDE 2022

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**LivMedia Wellness & Lifestyle 2022
Best Life Coach Gold Winner**

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Hi Courageous You!

Reflection allows an opportunity to look back and **learn** from your past experiences. It's an important component of the learning cycle and it can be a helpful step to **integrate** and **apply** new knowledge and wisdom to new experiences.

Reflection also allows you to question, in a positive & objective way (and with some distance), what you did, why you did it and decide whether there may be an alternative or better way of doing something in the future.

This guide will help you to reflect on the year that is coming to an end. It can also help bring closure if and where required. As with any closure, it also provides an opportunity to consider what you wish to create and what you're ready to invite into your life moving forward.

Guidelines for End of Year Reflection:

- Find 30 minutes of quiet time to sit with these questions.
- Limit distractions (turn off your phone and devices) to be fully present with yourself
- Write down the answers – reflective writing can strengthen learning.
- Allow whatever comes up to come up. No need to overthink or judge what emerges
- Do this in silence or with sounds or music that can help with your reflection**

My hope for you is that this provides you with valuable insights, acknowledgements and a sense of peace and closure for the year that is closing.

Warmest wishes for the end of 2022,

Love Monica ❤️

***This exercise can also be done with a partner or a friend. There can be great benefit and freedom to be experienced in sharing and articulating out loud your reflections in the presence of someone else.*



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Take time to consider the following questions as you reflect on a year that is drawing to a close.

1.What are you celebrating in 2022? What were your biggest Wins? (Personal and/ or Professional)

2.What have been your greatest learnings or challenges in 2022?

3.What would you like to acknowledge about yourself in 2022? / What are you most proud of in 2022?

4.What would you like to let go of from 2022?

5.What helpful behaviour, mindset or attribute that supported you in 2022 would you like to take into 2023.

As with any closure, this also provides the opportunity for new beginnings.

If this reflection has given you motivation to look to your goals or intentions for the year ahead, download the [FREE downloadable 2023 Goal Setting Workbook](#) to help get you started. This is now available on my website for a limited time only.

For further support in creating the life that you want for yourself, [get in touch with me](#) directly for life & leadership coaching.