

Bek & Kev

presents

**YEARLY
REFLECTION
WORKSHEET**

2022

REFLECTIONS

WHAT WAS MY BIGGEST TRIUMPH IN 2022?

WHAT WERE THE THREE MOST SIGNIFICANT EVENTS OF 2022?

WHAT WAS THE BEST OR SMARTEST DECISION I MADE IN 2022?

WHO WERE THE 3 PEOPLE...

THAT HAD THE GREATEST IMPACT ON MY LIFE IN 2022?

WHAT ONE WORD OR PHRASE BEST SUMS UP AND DESCRIBES MY 2022 EXPERIENCE?

Schedule more time with them in 2022!

WHAT WAS THE GREATEST LESSON I LEARNED IN 2022?

THAT HAD THE MOST NEGATIVE IMPACT ON MY LIFE IN 2022?

Spend less (or no) time with them in 2022!

WHAT IS MY BIGGEST PIECE OF UNFINISHED BUSINESS IN 2022?

WHEN DID I FEEL MOST ALIVE IN 2022?

WHAT WAS THE BIGGEST RISK I TOOK?

WHAT WAS THE BIGGEST SURPRISE?

WHAT WAS MY BIGGEST FAILURE?

WHAT FEARS SURFACED IN MY LIFE?

WHAT WAS MY BIGGEST LEARNING EXPERIENCE?

WHAT WILL I VOW TO NEVER DO AGAIN? DO MORE OF?

WHAT ONE AREA DO I FEEL STUCK IN FROM 2022 THAT I WOULD LIKE TO IMPROVE IN THE COMING YEAR?

DID I SPEND AS MUCH QUALITY TIME WITH MY KIDS IN 2022 AS I WOULD HAVE LIKED? HOW WILL THIS STAY THE SAME, OR IMPROVE IN 2023? WHAT MUST CHANGE FOR THIS TO HAPPEN?

DID I SPEND MORE TIME BUILDING MY DREAM OR BUILDING THE DREAM OF SOMEONE ELSE? HOW WILL THIS CHANGE IN 2023?

WHAT ELSE DO I NEED TO DO OR SAY TO BE COMPLETE WITH 2022?

EMBARCKING ON 2023

WHAT WOULD I LIKE TO
BE MY BIGGEST TRIUMPH
IN 2023?

WHAT IS THE MAJOR EFFORT
I AM PLANNING TO IMPROVE
ABOUT MY FINANCIAL
RESULTS IN 2023?

WHAT WOULD I BE MOST
HAPPY ABOUT COMPLETING
IN 2023?

WHAT AM I MOST
LOOKING FORWARD TO
LEARNING IN 2023?

IF I KNEW I COULDN'T FAIL,
WHAT WOULD I ATTEMPT IN
2023?

WHAT BOOKS, CONFERENCES,
COURSES, OR PODCAST WILL
I MAKE A COMMITMENT
TO LISTENING TO, OR
ATTENDING TO IMPROVE
MYSELF?

REGARDING WORK, WHAT
AM I MOST COMMITTED TO
CHANGING AND IMPROVING
IN 2023?

WHAT IS ONE YET
UNDEVELOPED TALENT I AM
WILLING TO EXPLORE?

WHAT WOULD I MOST LIKE
TO CHANGE ABOUT MYSELF,
PERSONALLY, IN 2023?

HOW CAN I STAND UP FOR MYSELF MORE IN 2023?

WHAT CURRENTLY BRINGS ME THE MOST JOY, AND HOW AM I GOING TO DO, OR HAVE MORE OF THAT IN

WHO OR WHAT (OTHER THAN MYSELF OR MY FAMILY) AM I MOST COMMITTED TO LOVING AND SERVING IN 2023? HOW WILL I DO IT?

WHAT ONE WORD / PHRASE WILL BE YOUR PRAYER, INTENTION, OR THEME IN 2023?

DESCRIBE MY 1 MONTH, 3 MONTH AND 12 MONTH GOALS IN AS MUCH DETAIL AS POSSIBLE IN THE FOLLOWING AREAS:

PHYSICAL

FINANCIAL

PERSONAL

WHAT ACTION STEPS MUST BE TAKEN BEFORE JANUARY 1ST, 2023, FOR THE ABOVE GOALS TO BEGIN?

- _____
- _____
- _____
- _____
- _____

WHAT IS MY STRUCTURED AND DETAILED ACTION PLAN TO REACH MY FINANCIAL HEALTH GOALS IN 1, 3 AND 12 MONTHS THAT WILL BE DIFFERENT FROM WHAT I DID IN 2022?

WHAT IS MY STRUCTURED AND DETAILED ACTION PLAN TO REACH MY PHYSICAL HEALTH GOALS IN 1, 3 AND 12 MONTHS THAT WILL BE DIFFERENT FROM WHAT I DID IN 2022?

WHAT IS MY STRUCTURED AND DETAILED ACTION PLAN TO REACH MY RELATIONSHIP HEALTH GOALS IN 1,3 AND 12 MONTHS THAT WILL BE DIFFERENT FROM WHAT I DID IN 2022?

THE ONE THING

IN ORDER FOR THINGS TO CHANGE
FOR THE BETTER IN 2023, WHAT
IS THE SINGLE MOST IMPORTANT
CHANGE I NEED TO MAKE?

