

REACH YOUR POTENTIAL. MAXIMIZE
YOUR IMPACT. LIVE A GREAT LIFE.
MAKE THE WORLD A BETTER PLACE

Bek & Kev

presents

**YEARLY
REFLECTION
WORKSHEET**

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2023

REFLECTIONS

WHAT WAS MY BIGGEST TRIUMPH IN 2023?

WHAT WERE THE THREE MOST SIGNIFICANT EVENTS OF 2023?

WHAT WAS THE BEST OR SMARTEST DECISION I MADE IN 2023?

WHO WERE THE 3 PEOPLE...

THAT HAD THE GREATEST IMPACT ON MY LIFE IN 2023?

WHAT ONE WORD OR PHRASE BEST SUMS UP AND DESCRIBES MY 2023 EXPERIENCE?

Schedule more time with them in 2024!

WHAT WAS THE GREATEST LESSON I LEARNED IN 2023?

THAT HAD THE MOST NEGATIVE IMPACT ON MY LIFE IN 2023?

Spend less (or no) time with them in 2024!

WHAT IS MY BIGGEST PIECE OF UNFINISHED BUSINESS IN 2023?

WHEN DID I FEEL MOST ALIVE IN 2023?

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 2023 THAT I WOULD LIKE TO IMPROVE IN THE COMING YEAR?

DID I SPEND AS MUCH QUALITY TIME WITH MY LOVED ONES IN 2023 AS I WOULD HAVE LIKED? HOW WILL THIS STAY THE SAME, OR IMPROVE IN 2024? 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 2024?

WHAT ELSE DO I NEED TO DO OR SAY TO BE COMPLETE WITH 2023?

EMBARCKING ON 2024

WHAT WOULD I LIKE TO
BE MY BIGGEST TRIUMPH
IN 2024?

WHAT IS THE MAJOR EFFORT
I AM PLANNING TO IMPROVE
ABOUT MY FINANCIAL
RESULTS IN 2024?

WHAT WOULD I BE MOST
HAPPY ABOUT COMPLETING
IN 2024?

WHAT AM I MOST
LOOKING FORWARD TO
LEARNING IN 2024?

IF I KNEW I COULDN'T FAIL,
WHAT WOULD I ATTEMPT IN
2024?

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 2024?

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

WHAT WOULD I MOST LIKE
TO CHANGE ABOUT MYSELF,
PERSONALLY, IN 2024?

HOW CAN I STAND UP FOR MYSELF MORE IN 2024?

WHAT CURRENTLY BRINGS ME THE MOST JOY, AND HOW AM I GOING TO DO, OR HAVE MORE OF THAT IN 2024?

WHO OR WHAT (OTHER THAN MYSELF OR MY FAMILY) AM I MOST COMMITTED TO LOVING AND SERVING IN 2024? HOW WILL I DO IT?

WHAT ONE WORD / PHRASE WILL BE MY PRAYER, INTENTION, OR THEME IN 2024?

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, 2024, FOR THE PURSUIT OF THESE 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 2023?

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 2023?

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 2023?

THE ONE THING

IN ORDER FOR THINGS TO CHANGE
FOR THE BETTER IN 2024, WHAT
IS THE SINGLE MOST IMPORTANT
CHANGE I NEED TO MAKE?

