

CHECKING IN

01 /

Reflect and write down your answers to:

Ten wonderful things that happened in the last twelve months

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____
- 06 _____
- 07 _____
- 08 _____
- 09 _____
- 10 _____

Five things I'm most proud of from the last twelve months

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____

Five lessons I learnt in the last twelve months

- 01 _____
- 02 _____
- 03 _____
- 04 _____
- 05 _____

Five things I want to do less of, or not at all, in the next twelve months

01

02

03

04

05

Five things I want to do more of in the next twelve months

01

02

03

04

05

Five things I'm grateful for in the last twelve months

01

02

03

04

05

Five things I did that took me closer to living my dream life in the last twelve months

01

02

03

04

05

Five things I want to do to improve my life

- 01** _____
- 02** _____
- 03** _____
- 04** _____
- 05** _____

Five great decisions I made in the last twelve months

- 01** _____
- 02** _____
- 03** _____
- 04** _____
- 05** _____

If I could live the last twelve months again, what would I change and why?
