

# Experience is our best teacher.

Use this worksheet to reflect on your year and set intentions for what's next. Give yourself 15 minutes to consider the prompts below, and share this small gift of reflection with those you think need it.

## Taking Stock

💙 Make a list of 5 things you loved and ❤️ 5 things you loathed this year.

🧑🏻‍🎓 What habits served you well in 2023? And what habits aren't providing value for your time spent on them?

⚡ Make a list of 3+ things that gave you energy this year and 3+ that drained your energy like a vampire. 🧛

📖 What are 3 things you learned this year and find yourself showing or teaching others about?

*What are these lists telling you?*

## The Company You Keep

👤 Who showed up for you when you needed them this year?

🧑🏻‍🎓 Who did you admire and respect this year? What did they teach you?

🙏 How can you show them your appreciation?

## Big Picture

👏 When you look back at 2023, what are you most proud of?

😄 What was one surprise and delight from your year?

✗ What was your biggest disappointment this year? What did you learn from it?

## So, In Short...

📺 What do you WANT to do more of next year?

🌀 What do you NEED to do more of next year?

👕 If you made a t-shirt about 2023, what would it say? What image is on it?

💡 Thinking about all of these questions, what was most useful or helpful here for you? What does this mean for you next year?

