

2022 YEAR END REFLECTION GUIDE

A new year, while an arbitrary date, feels like a new beginning, a blank canvas, clean slate, and a chance to "begin again."

Many people give themselves a gift of a Year End Reflection to look back on what was – to recount victories and challenges, new relationships, experiences they had and other memories and moments of significance. They also pause to look ahead at the start of a New Year and set intentions around what they want to create, who they want to meet, the impact they want to make, and how they want to show up.



If you are looking to step away for a couple hours, an afternoon, a day, or a weekend to reflect, here are some ideas and tools to help you with your yearend reflection and intention setting for 2023.

START WITH BASICS

- **Be specific** about why you are reflecting in the first.
- **Be honest** with yourself. Celebrate all you accomplished and don't beat yourself up for what you didn't.
- **Be present** and eliminate distractions. Find a place that works for you: a quiet spot, out in nature, walking your dog, etc.
- **Be intentional** and remember there is no right or wrong way to reflect. It's what works for you.
- **Be accountable** to yourself. Write down your reflections and schedule time monthly/quarterly to reread them **and** evaluate how you're tracking with your 2023 intentions.

REFLECTION PROMPTS

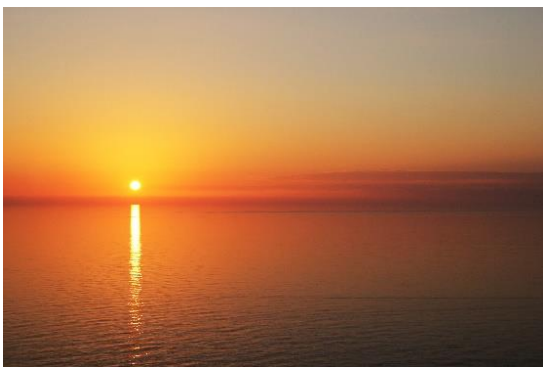
- What was the most meaningful experience you had this year?
- What was the most important thing you learned about yourself this past year?
- How did you make an impact in the lives of others?
- Who do you need to thank and acknowledge for having been there for you?
- What increased your happiness and joy this year?
- What did you avoid that you will pay more attention to in 2023?
- What did you find yourself wasting time on that you want to avoid in 2023?
- What was the most fulfilling part of your work?
- What was the biggest challenge you had this year and how did you overcome it?
- What are you most grateful for?



RESOURCES

1. **Goal Setting.** Could be goals, intentions, objectives, promises to yourself. Whatever process speaks to you is the right way for you.
 - [CAP STRAT Women's Forum Program | The Power of Intention Setting](#)
 - [James Clear, Author of Atomic Habits | Goal Setting](#)
2. **Vision Boards.** When you engage all your senses and immerse yourself in a mental image, your continual visualizations begin to feel real because our minds have difficulty distinguishing between what's real versus imagined. That is the Power of Visualization! Lisa Guillot, The Power of Visualization. Women's Forum, January 2022
 - [Canva](#) A free online graphic design tool to create a digital vision board.
 - [How To Make a Vision Board](#)
 - [How Vision Boards Work and Why They are So Powerful](#)
3. **Core Values Exercise.** Core values guide and support us in being more intentional in the choices we make and better align our actions with our values and sense of purpose.
 - [Brené Brown Living Into Our Value Worksheet](#)
 - [Brené Brown | Living Into Our Values Podcast](#)

Starting new is most powerful when we focus our attention to ***what we are choosing to create***. Giving our attention to the unwanted aspects of our lives allows what we resist to persist. We need to remember to ***leave enough room in the process of new beginnings to be kind to ourselves***, because it takes time to become accustomed to anything new, no matter how much we like it. There is no need to get down on ourselves if we don't reach our new goals instantly. Instead, we ***acknowledge the forward motion*** and choose to reset and start again, knowing that with each choice we learn, grow, and move forward.



Here's to all of us being present for ourselves at year end (and always!), and a year ahead abundant in Wisdom, Wealth, and Well-being.

Thank you for being a part of our CAP STRAT Women's Forum community, and we look forward to having you join us for our 2023 programs.

Nancy and Barbara

