



# Reflection



## FAVOURITE THING ABOUT YOURSELF

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## 3 THINGS TO CARRY OVER FROM 2022

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## 3 THINGS TO PURSUE

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## 3 QUESTIONS TO ALWAYS ASK

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## 3 IMPORTANT LESSONS FROM 2022

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"If you must look back, do so forgivingly.  
If you will look forward, do so prayerfully.  
But the wisest course would be to be present in the present gratefully."

- Maya Angelou

# THE GOAL GETTER MANIFESTO



What are your goals in life? Circle 3 goals that best resonate with you.

- MAKE SELF-CARE A PRIORITY**    **FIND A ROLE MODEL**
- BE HAPPY**    **CREATE AND MAINTAIN HEALTHY HABITS**
- IMPROVE COMMUNICATION**    **CONQUER MY FEARS**
- SEE THE BEAUTY IN EVERYTHING**    **BE A GREAT LEADER**
- ACHIEVING FINANCIAL INDEPENDENCE**    **HELP OTHERS**
- BE OPEN TO NEW OPPORTUNITIES**    **TRAVEL THE WORLD**
- LEARN SOMETHING NEW EVERYDAY**    **BE A ROLE MODEL**
- FINDING MY OWN PATH IN LIFE**    **PRACTICE GRATITUDE**
- START MY OWN BUSINESS**    **FULFIL EDUCATIONAL GOALS**
- APPROACH STRESS AS A CHALLENGE, NOT BURDEN**
- BE PRESENT IN MY RELATIONSHIPS**
- UPSKILLING MYSELF CONSTANTLY**
- UNDERSTAND MY VALUES**
- LEARN A NEW LANGUAGE**
- CREATE AN INSPIRING WORKSPACE**    **SELF-LOVE**
- EXPERIENCING A NEW CULTURE**    **LAND DREAM JOB**



# REVERSE BUCKET LIST



Write a reverse bucket list full of things you've achieved. You might be surprised to see how much you've actually done in your life!



"A step may be small and the progress may be hard to see; but enough small steps will get you to where you are supposed to be."