

## Revelations of 2023. Aspirations for 2024.

To uncover significance in a year marked by challenges and transformations, take a moment and contemplate the valuable insights gained and personal growth experienced. There's no need to wait until December 31st to initiate this process. Take a look back, then create a forward view for the year ahead.

2023 IN REVIEW	2024 FORWARD VIEW
How would you describe 2023 in 3 to 5 key words?	How do I want to be different next year at this time?
What challenges did you overcome in 2023?	What do I want to experience this year?
How did you grow in 2023?	In what ways do I want to grow?
Who or what had the biggest impact on your life in 2023?	How will you take care of yourself in 2024?

### New Year's Eve 2024, you raise a glass to celebrate...

I pushed myself and achieved a significant breakthrough in this aspect of my life...

What fills me with pride and astonishment is...

And I refused to allow "x" to hinder my progress.

I embraced, achieved, and take pride in...

I now know that I am...

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While reflection and journaling provide the groundwork, it's the planning that transforms aspirations into actionable steps. Complete the template below to identify clear goals for the upcoming year, identifying the skills you want to enhance, and/or challenges you wish to overcome.

### List 1 Aspiration, Wish, or Dream

Considering your responses from the reflection exercise, can you pinpoint a specific focus area that stands out to you and around which you'd like to develop a plan?

### List 2 Goals That Will Allow You To Fulfill Your Aspiration, Wish, Or Dream

Make your goals simple and easy to recall. Strive to stretch yourself, maybe even making them a bit scary ('can I really do this?'). Use positive language – rather than doing something less, say what you will do more of.

Name of Goal #1	Name of Goal #2

### List 2 Strategies for Each Goal

This step involves the why and how of pursuing your goal. The why connects your goal with your "self" to create motivation. The how connects your actions with your intentions.

2 Strategies for Goal #1	3 Strategies for Goal #2
Strategy #1	Strategy #1
Strategy #2	Strategy #2