

**GOODBYE 2021,  
HELLO 2022**


# **REFLECTION**



**What was I grateful for in the past year and what challenges  
did I overcome?**



**What mistakes did I make?  
What could I have done differently?**





**What did I learn this year that would help me in the next?**



**What is the single biggest goal that I have for next year?**



**How much time and effort will I invest to reach this goal?**



What can I say or do to help myself in face of the inevitable challenges?”



“ FOCUS ON WHAT’S  
WITHIN YOUR  
CONTROL ”

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