A close-up photograph of several small, delicate flowers covered in a light layer of white frost. The flowers are in various stages of bloom, with some showing bright yellow centers. The background is a soft, out-of-focus field of similar flowers, creating a serene and wintry atmosphere.

# Year-End Reflection Workbook

Powered by [SideHustleProfits.net](https://SideHustleProfits.net)

# Workbook

Date: \_\_\_\_\_

M T W TH F S S

What were your top 3 biggest highlights of the year?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

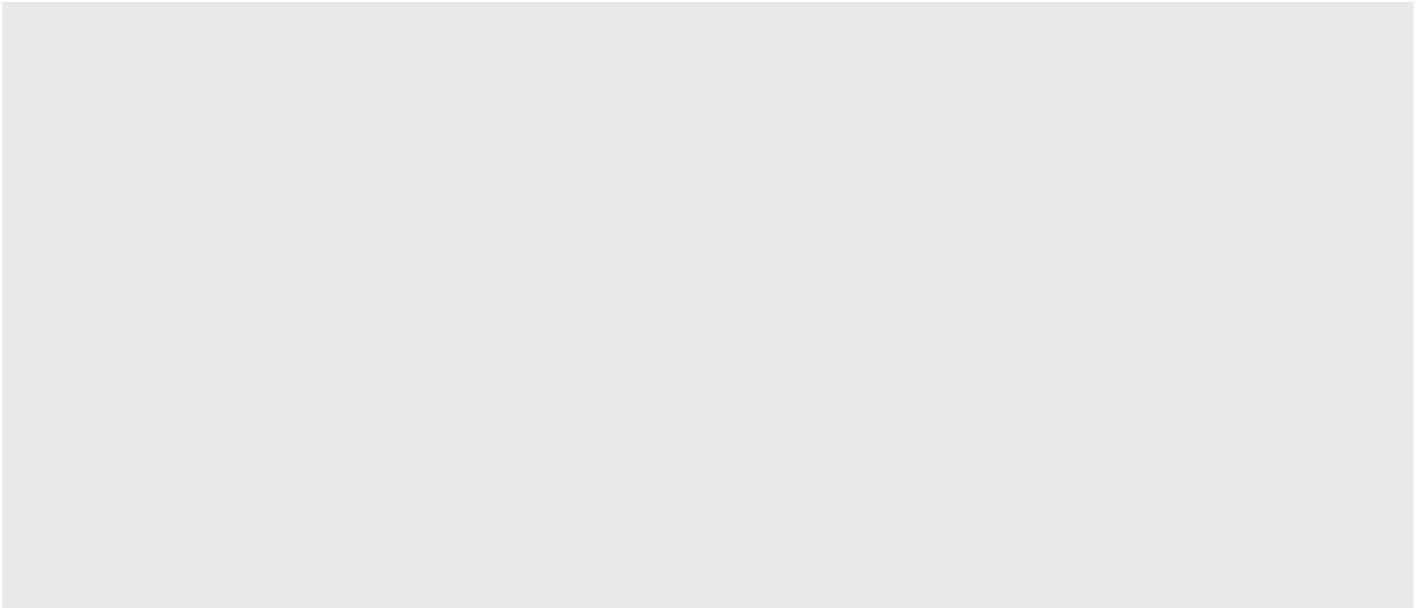
# Workbook

Date: \_\_\_\_\_

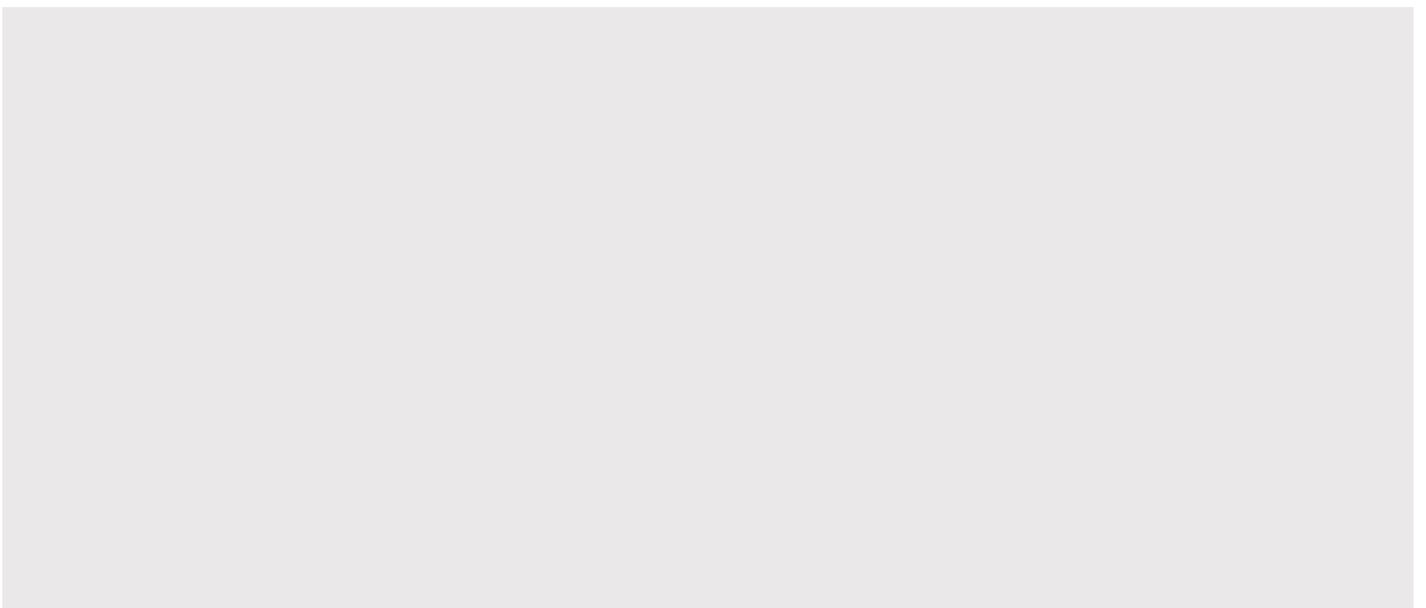
M T W TH F S S

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What is something new you are glad you tried?



What are some setbacks you had this year?





# Workbook

Date: \_\_\_\_\_

M T W TH F S S

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List your 5 best moments of the year.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

List your 5 most challenging moments of the year.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Workbook

Date: \_\_\_\_\_

M T W TH F S S

What is the biggest lesson you learned?

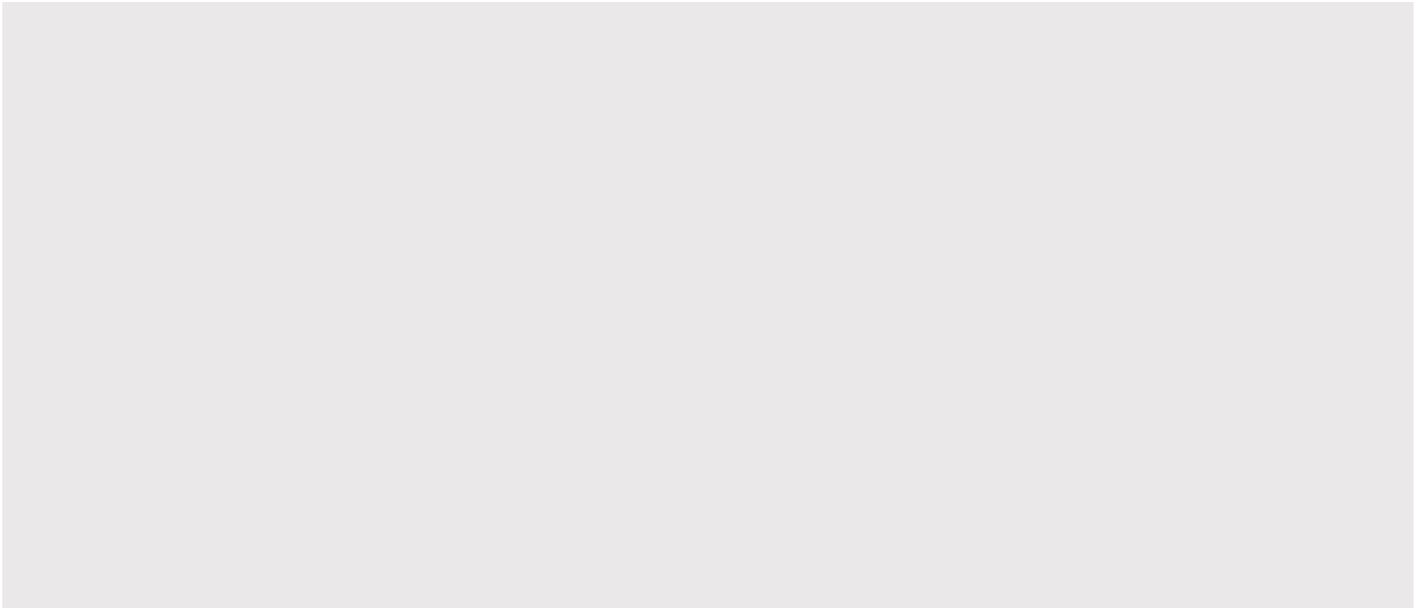
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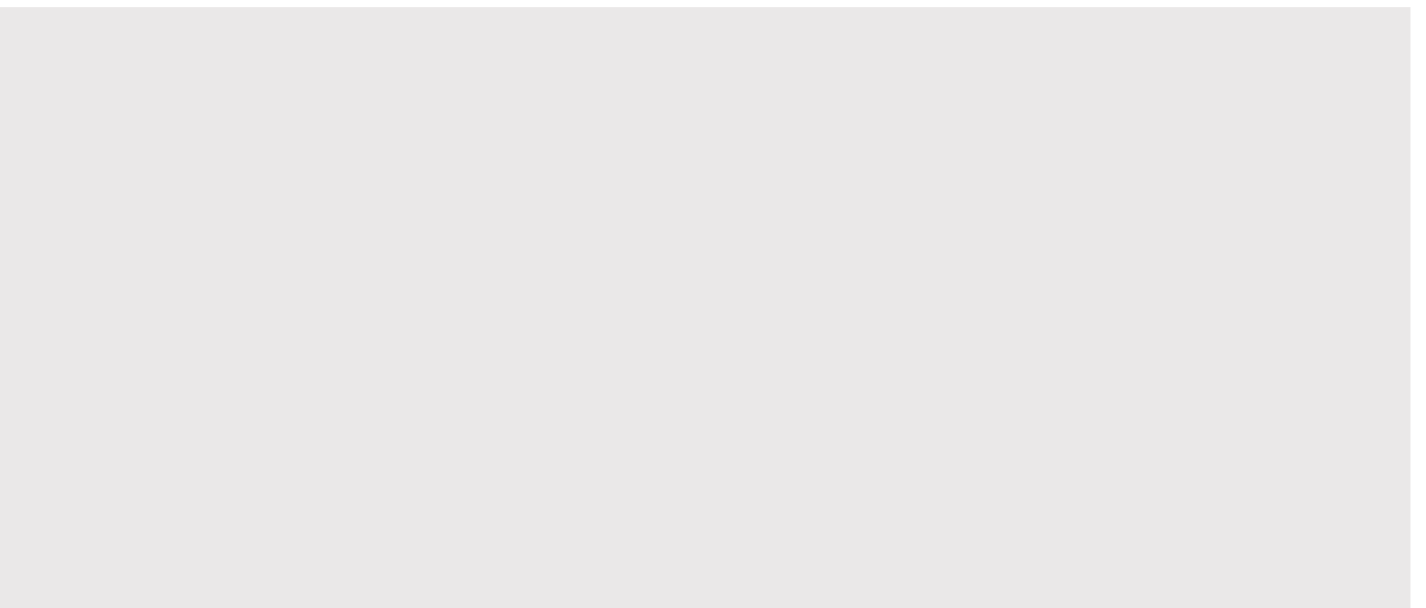
M T W TH F S S

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What are some mistakes you made this year?



How was your personal growth?



# Workbook

Date: \_\_\_\_\_

M T W TH F S S

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In what ways are you a better person now?

What progress did you make on your goals?



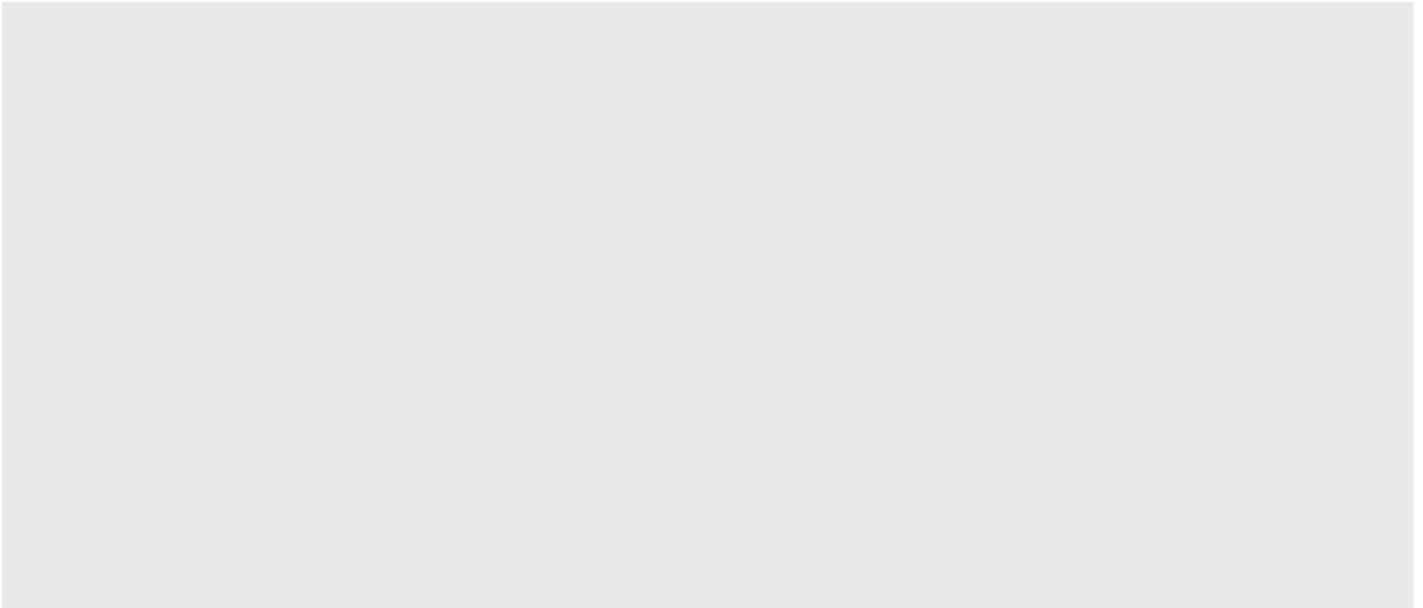
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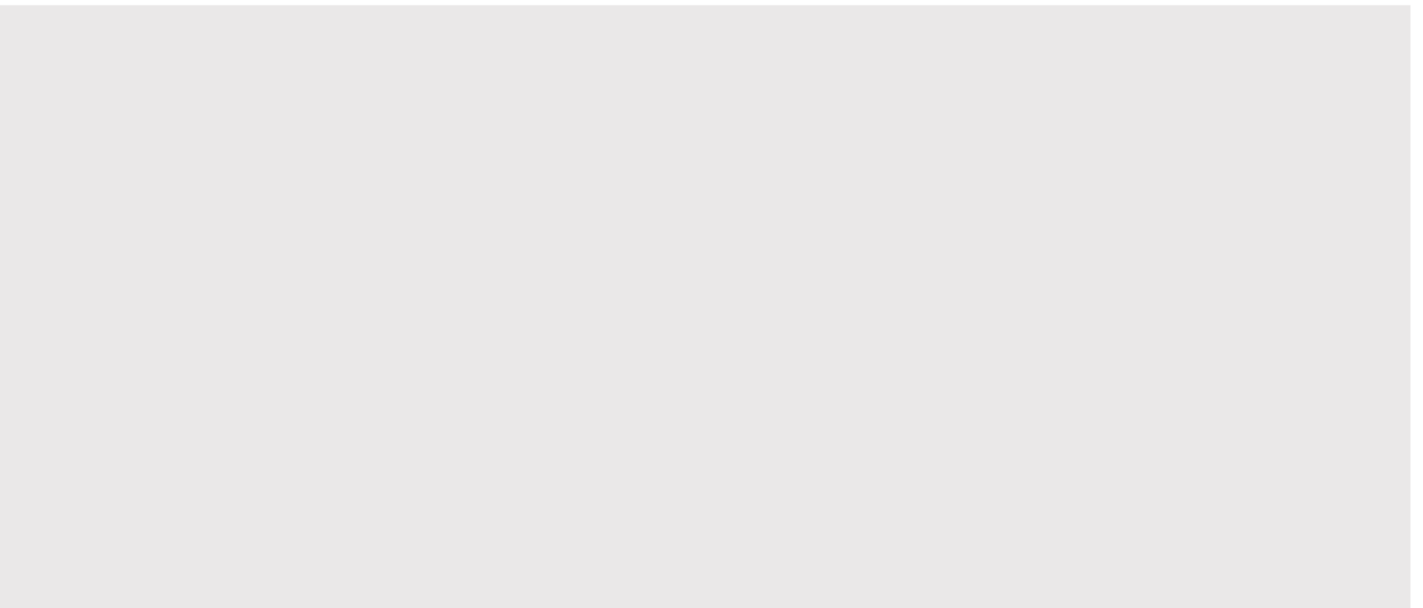
M T W TH F S S

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How are your goals changing for next year?



When did you feel the most fulfilled this year?



# Workbook

Date: \_\_\_\_\_

M T W TH F S S

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How did you get out of your comfort zone?

What is something you wish you did this year?

# Workbook

Date: \_\_\_\_\_

M T W TH F S S

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List the shows and movies you loved.



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# Workbook

Date: \_\_\_\_\_

M T W TH F S S

What were your favorite books this year?



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

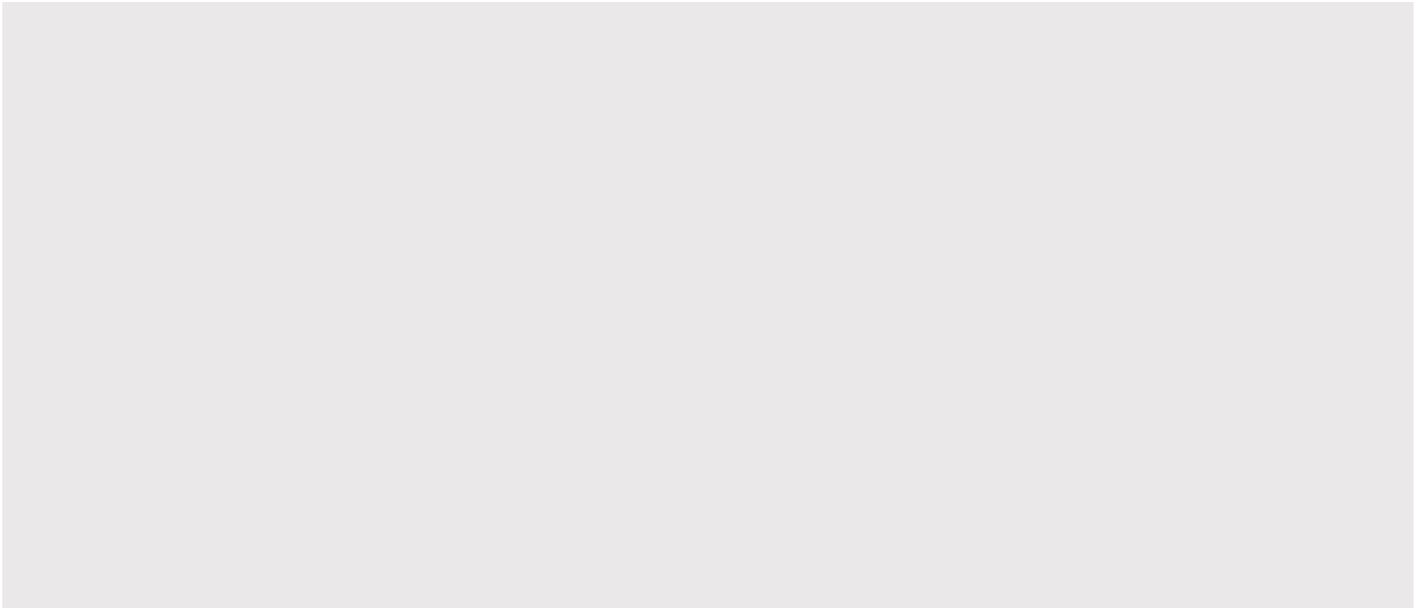
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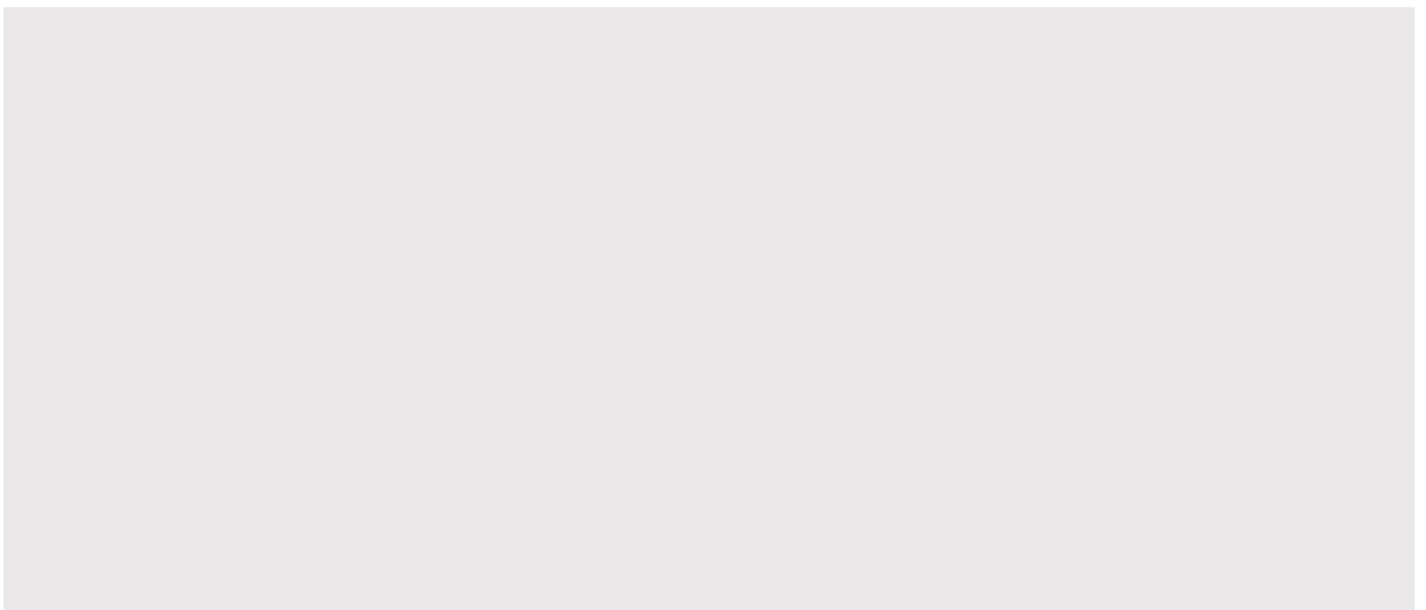
M T W TH F S S

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What are you most proud of yourself for?



Did you meet any interesting people?



# Workbook

Date: \_\_\_\_\_

M T W TH F S S

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List some new experiences you had this year.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

How was your mental health this year?



# Workbook

Date: \_\_\_\_\_

M T W TH F S S

What new activities did you try?



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

# Workbook

Date: \_\_\_\_\_

M T W TH F S S

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What are some of the most memorable moments?



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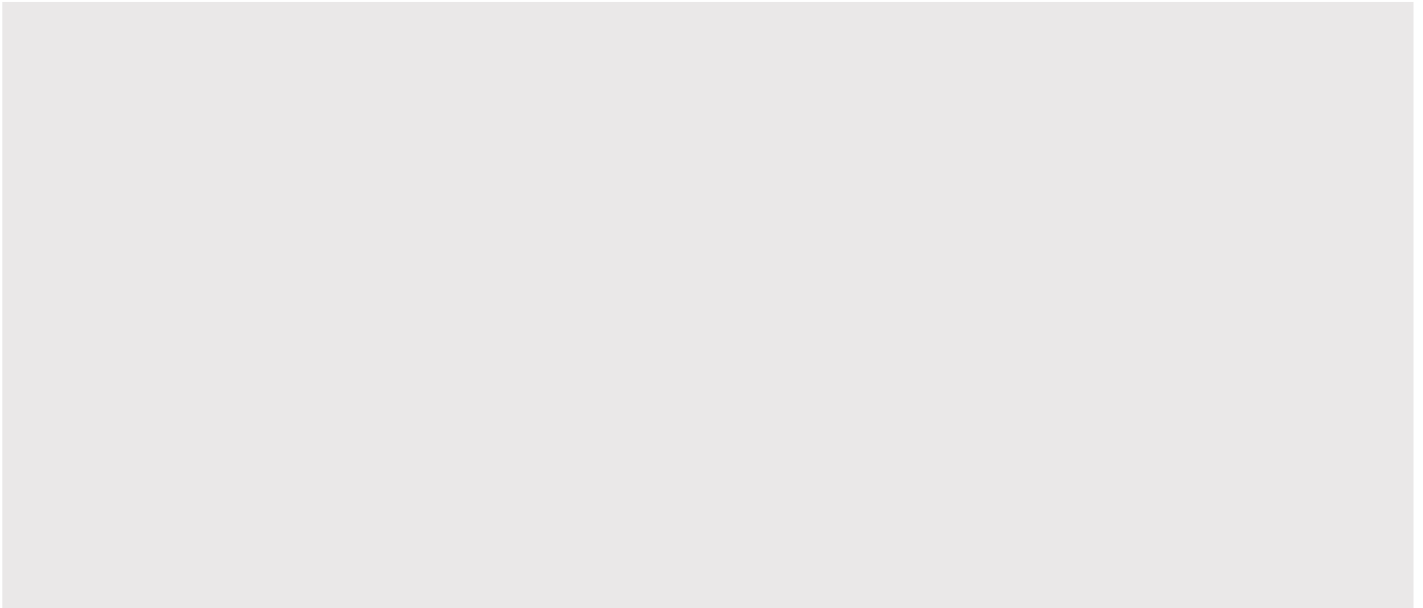
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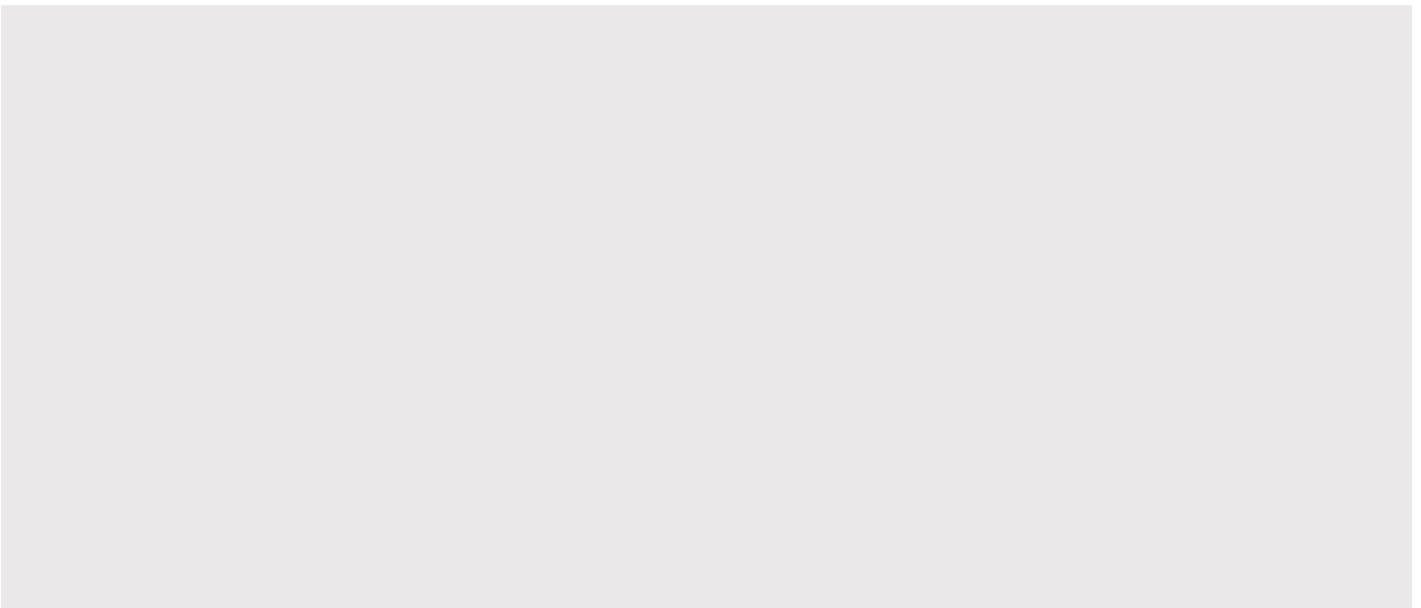
M T W TH F S S

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What changes do you want to make next year?



How did you practice self-care?





# Workbook

Date: \_\_\_\_\_

M T W TH F S S

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What was the funniest moment?

What was the most embarrassing moment?

# Workbook

Date: \_\_\_\_\_

M T W TH F S S

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What was the scariest moment?

What was your biggest achievement this year?

# Workbook

Date: \_\_\_\_\_

M T W TH F S S

How did you improve your health and wellness?

# Workbook

Date: \_\_\_\_\_

M T W TH F S S

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List what you are grateful for this year.



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