



2016 Reflection

Hey there! Thanks so much for being here. I hope this worksheet brings you clarity on your year, 2016. I hope that through this reflection you're able to take away what you've learned & how you've grown, feel grateful, and more clear on how you want to be/feel next year. - Love, Paige

1. The goals and intentions I set this year were...

2. Which goals did I achieve? Not achieve?

3. Looking back, out of the goals I set, the ones that are most important to me are...

4. 2016 surprised me by...

5. 2016 grew me by...

6. The golden nuggets I got from 2016 are (for example: 2016 was my most challenging year, but it made me more resilient & strong)...

7. When I think about 2016, I appreciate...

8. I am ready to let go of...

Any other thoughts as you process 2016....