



My Self Reliance Australia
www.myselfreliance.com.au

Before You Begin

This worksheet is designed to guide you through a gentle, pressure-free reflection on the past year and to help you set intentions for the year ahead.

Be honest with yourself. There are no right or wrong answers. This is about *your* journey and *your* growth. Find a quiet space where you can relax and focus without distractions.

Allow yourself the time and space to truly consider each question. Don't rush the process. Embrace the opportunity for introspection and self-discovery.

Remember, the goal is to gain clarity and set intentions that align with your values and aspirations. Be kind to yourself throughout this process.

Ready? Let's begin.

Looking Back

Take a moment to reflect on the past year. Consider these questions:

- What were your biggest accomplishments this year, both personally and professionally?
- What were some of the challenges you faced, and how did you overcome them?
- What moments brought you the most joy and fulfillment?
- What are you most grateful for from the past year?
- What is something small you did consistently that made a difference?

Acknowledging Growth

Recognize the growth you've experienced over the past year.

- What skills or knowledge did you develop or improve?

- How have you grown as a person? What qualities have you strengthened?
- What did you learn about yourself?
- In what areas did you step outside of your comfort zone?
- How did you handle any setbacks?

Letting Go

Identify what you need to release from the past year.

- What regrets or mistakes are you holding onto? (Practice self-compassion).
- What negative patterns or habits do you want to break?
- What relationships or situations are no longer serving you?
- What fears or limiting beliefs are holding you back?
- What can you forgive (yourself or others) to move forward?

Looking Forward

Envision the year ahead and what you want to create.

- What are your aspirations for the coming year?
- What do you want to achieve, experience, or learn?
- What positive changes do you want to make in your life?
- What impact do you want to have on the world (or your community)?
- Who do you aspire to become?

Bringing Vision to Life

Translate your vision into actionable steps.

- What are your top 3 goals for the year?
- What specific actions will you take to achieve each goal?
- What resources or support do you need?
- How will you stay motivated and accountable?
- What daily or weekly rituals will support your intentions?

Next Steps

Now that you have completed this reflective exercise, consider the following:

- Review your responses regularly to stay connected to your intentions.
- Break down your goals into smaller, manageable tasks.
- Celebrate your progress and acknowledge your successes along the way.

- Be flexible and adapt your plans as needed.
- Most importantly, trust yourself and enjoy the journey!