

## Survive - Thrive – Alive 2020 Reflection

Answer these short questions both personally and professionally.

This year:

- What did I survive?
- Where did I thrive?
- What brought me the most joy and made me happy to be alive?

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### What did I survive?

*Specifically, what:*

- Challenges or issues did I face this year?
- Changes did I create or encounter?
- Issues or matters remain unresolved?

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### Where did I thrive?

*Think about these questions when answering:*

- What 3-5 achievements did I accomplish this year?
- How did I achieve each of those? (ex. New skills, different approach, taking a risk, or staying the course?)
- What did I learn about myself and others through these achievements?

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### What brought me the most joy and made me happy to be alive?

*When answering, think about these questions:*

- Whether it makes sense to others or not, what energizes me and what comes naturally to me?
- What do I think about that makes me smile and feel good?
- Who makes me feel the most relaxed, comfortable, or encouraged?

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