

Survive - Thrive - Alive Wrapping Up 2021 Reflection

Reflecting on the past year before negotiating the next is a powerful activity. Give yourself the gift of reflecting on what you were dealt this year and how well you finished. Answer these short questions both personally and professionally.

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

WHAT DID I SURVIVE?

Reflection includes reviewing those situations that were unplanned and even unpleasant.

- What challenges, losses, or issues did I face this year?

- What changes or obstacles did I encounter or create?

- What caused the obstacles or changes I encountered? (Ex. unforeseen circumstances, matters outside my control like economy or illness, another's actions, failure to plan, etc.)

- What issues or matters remain unsolved?

Reflection questions inspired by work with Vistage and Elaine Morris.

WHERE DID I THRIVE?

Think about these questions when answering:

- What 3-5 achievements did I accomplish and/or am I proud of this year?

- How did I achieve each of those achievements?

- What did I learn about myself and others through these achievements?

WHAT BROUGHT ME JOY AND MADE ME HAPPY TO BE ALIVE?

Whether it makes sense to others or not, think about these questions:

- What energizes me or keeps me going?

- What comes naturally to me?

- What do I think about that makes me smile and feel good?

- What makes me feel the most relaxed, comfortable, and/or encouraged?

- What seems possible or which opportunities appear when I am joyful and happy?

WHAT'S NEXT?

- How was this reflection activity for you? (Ex. feelings, surprises, trends, aha's or wisdom, etc.)

- How are you celebrating and recognizing your accomplishments this year?

When you finish reflecting on 2021, keep this review handy to plan next year.