



## Year-End Reflection Worksheet

Use this worksheet to reflect honestly on the past year and prepare intentionally for the year ahead. Find a quiet space, take your time, and write freely. There are no right or wrong answers.

### 1. What were the highlights of the past year?

Consider moments of joy, accomplishments, relationships, growth, or experiences that mattered most to you.

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### 2. What were some of the hardest parts of the year?

What challenges did you face? Where did you struggle emotionally, mentally, spiritually, or physically?

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### 3. What did you learn about yourself this year?

Think about patterns, habits, strengths, weaknesses, boundaries, and personal growth.

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### 4. What are you going to stop doing next year?

Identify behaviors, habits, commitments, or mindsets that no longer serve you.

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### 5. What are you going to start doing next year?

What new habits, practices, or actions will help you move forward with purpose?

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**6. What are you going to continue doing next year?**

What worked well this year that you want to carry with you into the next season?

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**7. What is one small step you can take today to move toward the year you want?**

Focus on something practical and achievable you can begin right now.

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**Closing Reflection**

As you finish this worksheet, take a moment to review what you've written. What themes stand out? What feels most important going forward? Clarity comes from honesty—and honesty creates momentum.

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Thank you for listening to Shooting It Straight! and please share the show with anyone you feel might get something out of our straight talk to help everyone believe bigger, achieve louder, and motivate stronger.