

## End of Year Worksheets

Use the following prompts to reflect on your accomplishments, challenges, and goals for the upcoming year:

1. Reflect on your biggest accomplishments this year:

- What did you achieve that you're most proud of?

---

---

---

---

---

- What challenges did you overcome to reach these accomplishments?

---

---

---

---

2. Consider your biggest challenges this year:

- What were some obstacles you faced?

---

---

---

---

---

- How did you overcome them or what did you learn from them?

---

---

---

---

---

3. Think about what you want to leave behind in the coming year:

- What habits, behaviors, or thought patterns no longer serve you?

---

---

---

---

---

---

- What can you do to let go of them and make space for new growth?

---

---

---

---

---

---

---

---

---

---

---

---

4. Identify your top goals for the upcoming year:

- What do you want to achieve in the next 12 months?

---

---

---

---

---

---

---

- What steps can you take to move closer to these goals?

---

---

---

---

---

---

---

---

---

---

---

- Identify any potential barriers and come up with solutions for overcoming them.

---

---

---

---

---

---

---

---

---

---

---