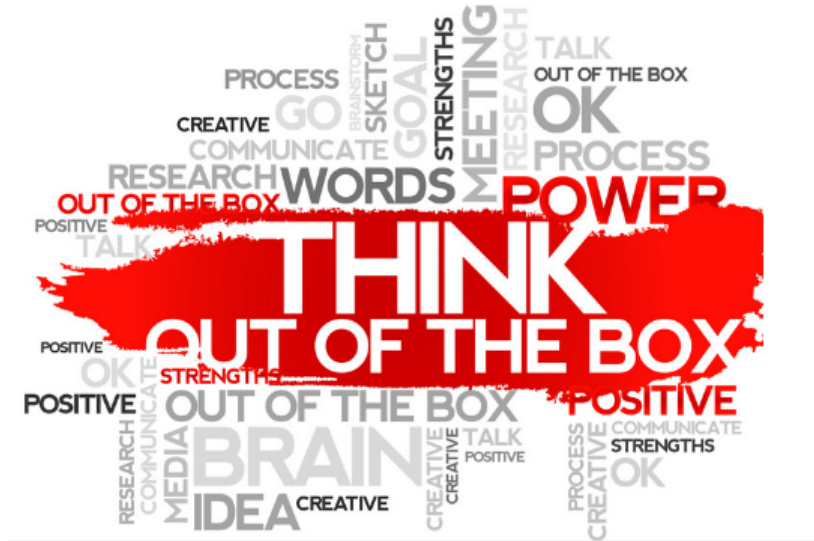


Self-Reflection is a necessary ingredient for success; whatever your definition of success is. Here are some steps to guide you.

STEP #1

WHAT DID YOU ACCOMPLISH?

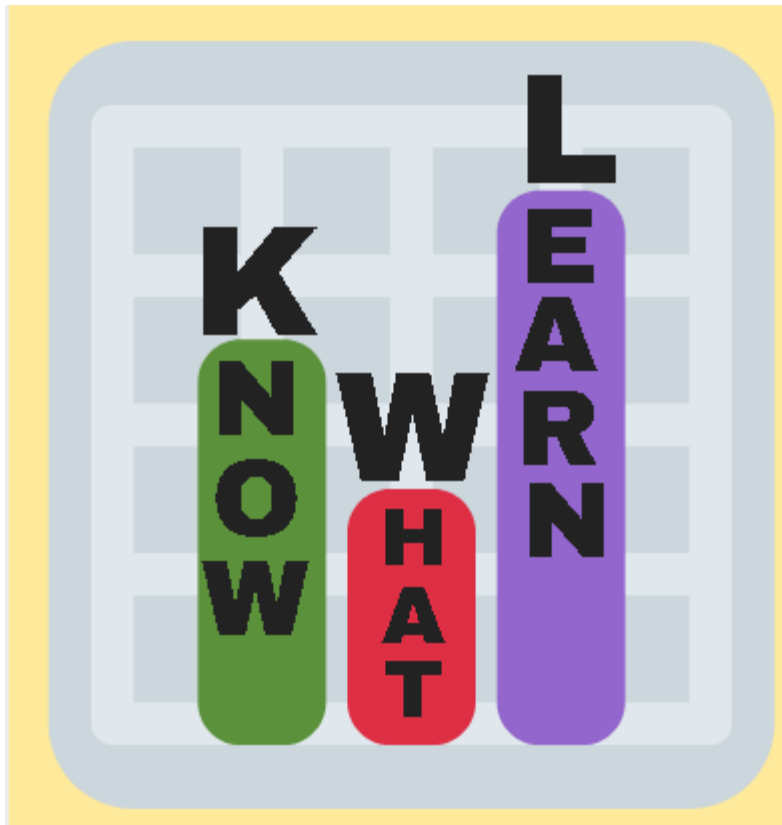


What are 3 accomplishments you are proud of this past year?

What are the set-backs that happened? What adjustments did you apply to resolve the situation?

How did those adjustments redirect your attention? Was it beneficial or did it cause you to get stuck?

You can also use the KWL chart in step 2 to visualize your responses



Develop a KWL chart or simply journal as you respond to the following:

I KNOW I FOLLOWED MY MISSION BECAUSE-

I KNOW I DIDN'T FOLLOW MY MISSION BECAUSE -

WHAT ADJUSTMENTS DID I MAKE? WHAT AVOIDANCE DID I CREATE?

WHAT DID I LEARN?

HOW WILL I USE THAT KNOWLEDGE THIS COMING YEAR?



How can you expand your inner world so that your outer world reflects back to you the best version of you this coming year?

Subscribe to the [Louise Anne Maurice YouTube Channel](#) for the upcoming Empowered You Series.