



*Your
Reflection
Template
2016-17*

*Created for you by
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Flourishing Lives*

*What have been the highlights of
this year in your life?*

Let's take a look at 2016 and build an even better 2017!

As the cycle of the year draws towards completion is a great time to notice highlights.

A few minutes' reflection now can give great benefit as you steer the course of your unique life - there is only one of you - you are important!

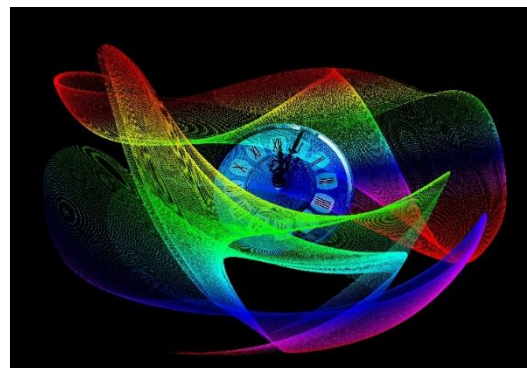
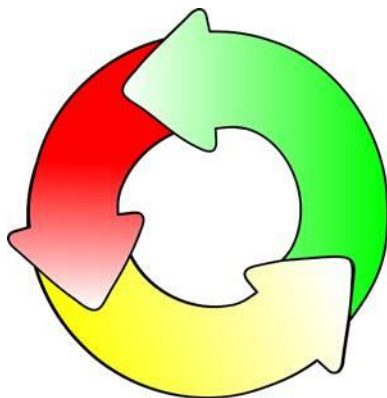
Here's a template you can use to gain insight into what has passed, and what you wish for the next year. Words /pictures /sketches /however you like to let your thoughts flow easily.

Print it out or record digitally. It gives you a wonderful basis in a future review, year after year.

Did your year

FLOW SMOOTHLY?

or in **UNEXPECTED DIRECTIONS?**



What have been the **HIGHS** for you?

What **OPPORTUNITIES** have you seen - whether you picked them up this year or put them on a 'that's interesting' list?

What **EXTENDED** you, stretched your abilities?

WHO came into your life? And who moved on?

What else? Maybe there were other EVENTS? THOUGHTS?
FEELINGS? WISHES?

This information can help craft a future you'd REALLY love to live. It tells what you enjoyed so you can put more of it in your life.

As you look back over these notes, what stands out for you? Any surprises?

May you craft a future which is wonderful, terrific, fantastic - the life you would love to live for the unique person who is YOU.

Best wishes for your flourishing life!

Heather