

2021 end of year reflection exercise

1. Something you're proud of from this year
2. Someone you've been inspired by this year
3. Someone new you've met this year
4. A new experience you've had this year
5. Something that's given you a confidence boost
6. Something you've changed your mind about
7. A rejection from this year
8. Something that went better than expected this year

PUDDING

9. A problem you've solved this year

10. A problem you haven't cracked yet

11. When you felt most in your element this year

12. When you felt most tired this year

13. A skill you've learnt this year

14. A skill you still want to learn and why

15. Something you want to spend less time on next year and how you'll do this

16. A moment you want to relive

PUDDING

17. The best £10 you spent this year

18. The thing that made you laugh most

19. Three things that gave you energy

20. A memorable compliment you received

21. A decision you're glad you made

22. Something that surprised you

23. A new habit you'll hold onto

24. An area you want to give more attention to