

Kroppl

NEWSLETTER

END OF YEAR REFLECTIONS

For most of us the end of the year signifies a fresh start where we can forget about our mistakes or unaccomplished goals and start anew. But there can be value in stopping to look back and learn from the past year! In looking at the year that has just gone by we can create a space for gratitude while also providing insight to inform how we move forward.

Evaluating ourselves can be a difficult process and we often fall into negative self-talk so it's important to look at not just our negatives but our positives as well. Maybe you had a new experience you never thought you would ever be able to do, maybe you accomplished something special. Give yourself a pat on the back for them and look at any mistakes you might have made as learning experiences for the future.

Here are some questions that might help you reflect constructively:

- How did I grow in the past year?
- What was the single biggest challenge I overcame?
- Who needs to be acknowledged in my life? Who were the boat anchors in my life?
- What were my most memorable, stand-out moments?
- Pick three words someone close to me would use to describe this year?
- What was the best thing I learned?
- What was I most grateful for?
- What was my single biggest time waster this year?
- What did I change my mind on this year?
- What did I not do because of fear?
- What were my greatest hits and worst misses this year?

Review the answers that you provided and consider how these can shape personal strategies for well-being and resilience. Take a moment to revisit the questions with consideration to your physical, mental/emotional, social, Academic and financial health to see if you can further identify ways to intentionally set yourself up for success in the future.

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Naming Your Year is a tool that can be used to foster a positive approach to moving forward and is something you can be proud to start a conversation about. I encourage you to document your annual theme so that each year you can reflect back which will help you feel empowered about your growth.

Name the coming year.

2023 the year of...

Self

Creativity

Hope

Dreaming

Taking risks

Being worthy

Beliving

Brave

Joy