

2024 REFLECTION

Look back to go forward **EMPOWERED**

In 2024, The book/movie/series I enjoyed most as an escape was...

The 3 big things I learned are...

As I look back I realize I grew in...

Something that surprised me about me this year is...

The biggest challenge I encountered was...

The one thing I changed in my life because of outside circumstances that I plan to continue doing of my own free will is...

The 3 accomplishments I'm most proud of from the last year are...

The best meal I had all year is...

The most unhelpful belief about myself that I'm ready to let go of is...

If you'd like
support on your personal
growth journey, reach out:
Nancy@Centered.ca



CENTERED Consulting & Coaching

Know Yourself, Free Yourself, Be Yourself

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In 2025, I'm looking forward to...

I'm apprehensive about...

3 skills I'd like to learn or improve this year are...

I will bring more love into my life this year by...

In 2025 I will release my attachment to...

2025 will be the year I finally...

By this time next year I will know...

The WORD I will live into in 2025 is...

Join us at our Reflection Retreat, Jan 2, 2025

Sign up here: www.lu.ma/user/centered



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