



## Reflecting Back to Vision Forward

### *The Year in Review.*

1. What were the highlights of the past year?
2. If you were to assign a newspaper-type headline to this past year, what would it be? Why?
3. What was most energizing and life-giving about the last year? What drained you?
4. What was most unexpected? What played out exactly as you hoped for and/or expected?
5. Of what are you most proud? What do you regret/wish you had a "do-over" to use?
6. What new habits, behaviors or mindsets did you establish that worked well? What old habits, behaviors or mindsets got in your way?
7. For what are you most grateful?
8. What did you learn: about yourself? About close others? About the world?
9. How have you changed over the past year as compared to the previous year?

### *The Present.*

1. Where are you now? Where did the roads of the last year lead you?
2. If you were to assign a newspaper-type headline to your present life, what would it be? Why?
3. Reflect on different aspects of your life using the Balance Wheel Tool at <http://liminalsolutions.com/deb-loftus-resources/>

### *The Year to Come.*

1. What major events or significant life moments do you **expect** to occur in the next year?
2. What major events or significant life moments do you **hope for and/or aspire** to occur in the next year? Which others might you want to avoid or try to prevent from happening?
3. If you were to assign a newspaper-type headline to the coming year, what would you like for it to be? Why?
4. In looking at the well-being assessment you did in the prior section, in which areas would you like to maintain the current sense of wellbeing that you have? In which area(s) would you most like to create changes and what kind of changes?
5. What would you like to learn in the coming year? What would you like to see, discover or explore?
6. What new habits, behaviors or mindsets would you like to cultivate? What old habits, behaviors or mindsets would you like to release?
7. How would you like to grow, change and/or develop? What skills would you like to develop, improve or master?
8. How would you most like to remember this coming year when you look back on it in 5, 10 or 20 years?

### *Netting it Out.*

1. What are the implications of all of the above? What actions might you consider taking in the next year to put your insights to use?
2. Where might you need to release some things you are holding onto and/or forgive (yourself or others)?
3. What **one goal** for the next year would most inspire you and feel life-giving as you worked toward it?
4. What are **2-3 of the smallest changes** you could make that would create the biggest shift toward what you desire?