

Steve Walker



Life Coaching

[www.integrityandjoy.com](http://www.integrityandjoy.com)

# New Year's Reflections

What are five highlights in your life from 2022 and what made them special?

1.

2.

3.

4.

5.



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# New Year's Reflections

What are five things that you are proud of about yourself from 2022? These could be goals achieved, habits changed, growth achieved, good deeds, mindsets shifted...

1.

2.

3.

4.

5.



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# New Year's Reflections

What are five regrets from 2022 and why are they regrets?

1.

2.

3.

4.

5.



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# New Year's Reflections

Who are five people who were good to and for you in 2022 and how were they good for and to you?

1.

2.

3.

4.

5.



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# New Year's Reflections

What are three mindsets/beliefs/paradigms that serve you well and how?

1.

2.

3.



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# New Year's Reflections

What are three mindsets/beliefs/paradigms that do NOT serve you well and why not?

1.

2.

3.



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# New Year's Reflections

What are three new mindsets/beliefs/paradigms that you want to adopt in 2022 and why?

1.

2.

3.

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# New Year's Reflections

Look over everything you have written so far.

What are five intentions/goals for 2023?

1.

2.

3.

4.

5.

