# **New Year Reflection and Vision Worksheet**

This worksheet accompanies [New Year Vision: Reflection And 7 Transformational Steps](https://koriburkholder.com/b/new-year-vision-7-transformational-steps)

## **Part 1: Reflecting on the Past Year**

### **1. Biggest Accomplishment:**

Take a moment to reflect on a significant achievement in your journey, shaping a narrative of resilience and accomplishment. What did you overcome and conquer this year?

*Your Reflection:*

### **2. Biggest Disappointment:**

Acknowledge challenges and setbacks, recognizing the adversity woven into your personal and professional growth.

*Your Reflection:*

### **3. Wisest Decision:**

Recognize decisions that led to positive outcomes and contributed to your personal development.

*Your Reflection:*

### **4. Most Grateful:**

Express gratitude by acknowledging the positive aspects of your life and finding beauty even in challenging circumstances.

*Your Reflection:*

### **5. Most Meaningful New Connection:**

Reflect on a new relationship that has entered your life, influencing your narrative. Then think about who exited out of your life this year.

*Your Reflection:*

### **6. Best Financial Decision:**

Consider financial choices that have provided stability and contributed to your well-being.

*Your Reflection:*

### **7. Most Memorable Moment:**

Recall an impactful moment that added depth to your life experiences.

*Your Reflection:*

### **8. Act of Kindness:**

Celebrate an instance of kindness and service, positively impacting someone.

*Your Reflection:*

### **9. Unfinished Goals:**

Identify goals that remain significant for your future endeavors.

*Your Reflection:*

### **10. Anticipating the Next Year:**

Envision the changes and improvements you want in the upcoming year, setting intentions for your future path.

*Your Reflection:*

## **Part 2: Crafting Your Vision for the New Year**

### Now that you've dedicated time to reflection, appreciating your achievements, and uncovering aspirations for the new year, it's time to dive into the seven meticulously crafted steps designed to unleash your creativity and shape a compelling vision for the upcoming year. Are you ready?

### Let's proceed by categorizing your dreams and creating goals around different aspects of your life. Anticipate the following year by envisioning changes and improvements, setting intentions for your future path, and using a Life Balance Wheel as your guide. Consider your goals in the following categories:

### **1. Family and Friends:**

Delve into your goals regarding relationships. This category can be further divided into "Family" and "Friends" sections.

*Your Goals:*

### **2. Significant Other:**

Explore your aspirations concerning your significant other. Alternatives include Dating, Relationships, Significant Other, and Life Partner.

*Your Goals:*

### **3. Career:**

Outline your career goals. Alternative labels include Vacation, Work, Business, Motherhood, Fatherhood, Parenting, or Volunteering.

*Your Goals:*

### **4. Finances:**

Detail your financial goals. Other label ideas include Money, Financial Security, or Financial Wellbeing.

*Your Goals:*

### **5. Health:**

Specify your health-related goals. Alternatives include Wellbeing and Fitness. This category could be split into Emotional Health and Physical Health and/or include Spiritual Health.

*Your Goals:*

### **6. Home Environment:**

Define your goals for your living space. Other labels could be "home," "house," or "apartment." This category could be split into two for work and home environments. It can also switch to "Work Environment" for career or business clients.

*Your Goals:*

### **7. Fun & Leisure:**

Articulate your aspirations for leisure and enjoyment. Some ideas for this category include Leisure Time, Sports, Recreation, Play, Creativity, or Enjoyment.

*Your Goals:*

### **8. Personal Growth:**

Outline goals related to personal development. Alternatives include learning, self-development, or spiritual growth.

*Your Goals:*

### **Now, let's move on to the seven steps:**

### **1. Express Gratitude:**

Start by acknowledging the blessings in your life and generously sharing them with those around you. Gratitude isn't just a sentiment; it's the cornerstone that sets the stage for a positive mindset, inviting more positivity into your journey. Tell someone today how much they mean to you in your life!

*Your Reflection:*

### **2. Explore Aspirations:**

Engage in the liberating act of free writing to explore your aspirations across various aspects of life. In this uninhibited exploration, identify what you truly desire, using this process to clarify your goals and give voice to the dreams that linger in the recesses of your heart. Set your timer for 10 minutes of uninterrupted writing.

*Your Reflection:*

### **3. Connect with Your Powerful Self:**

Envision your goals with a clarity that transcends mere visualization. Connect with the confident version of yourself – the one unburdened by doubts or limitations. Visualization, in this context, becomes more than a mental exercise; it's a profound interaction that provides clarity and motivation, aiding you in overcoming challenges and creating inspiration along your journey.

*Your Reflection:*

### **4. Summarize Your BIG Vision:**

Distill the essence of your aspirations into a concise and powerful vision statement. This isn't just a tagline; it's the guiding theme, the heartbeat that will echo through your endeavors in the upcoming year and keep you motivated.

*Your Reflection:*

### **5. Uncover Your WHY:**

Delve deep into the motivations behind your desires. Understanding your 'why' transforms your goals from mere objectives into vessels with purpose and meaning. It will keep you going during the more challenging times while you are on the way to reaching your goals.

*Your Reflection:*

### **6. Craft a Vision Board:**

Roll up your sleeves and let your inner artist emerge. Craft a vision board that goes beyond aesthetics; it becomes a tangible representation of your goals and dreams. This board becomes a silent yet powerful ally, a constant reminder of the path you've charted for yourself. Grab some magazines, glue, scissors, or create a digital version on Pinterest or Canva.

*Your Reflection:*

### **7. Develop an Action Plan:**

Break down the elements of your vision into actionable steps. These aren't just tasks but the tangible steps that transform your aspirations from nebulous dreams into a roadmap for success. It's the granular detail that turns vision into reality. Pro tip! Break your goals down monthly or quarterly, so it feels less overwhelming.

**Your Action Plan:**

### Now, boldly share your ambitions! Embrace the courage to articulate and communicate your dreams, goals, and aspirations openly and confidently. This invites you to express your vision for the future with conviction, whether within your community, professional network, or personal relationships. Sharing your aspirations reinforces your commitment and opens the door for support, collaboration, and valuable connections that can contribute to realizing your goals.

Here is an opportunity to do just that!

Success Blueprint 2024: Crafting Goals, Connections, and Art Playshop! Register for the workshop on Jan 11, 2024, from 6-7:45 PM EST. Reserve your spot [here](https://koriburkholder.com/b/success-blueprint-2024-crafting-goals-connections-and-art-playshop).