



2024 IN FOCUS 3

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Where I've been...



What were the most memorable moments or experiences that stand out to me from this past year?

What were my biggest accomplishments, both personally and professionally?

What challenges did I face in 2023, and how did I overcome them? What did I learn from these experiences?

Where did I find myself stepping out of my comfort zone, and how did it contribute to my growth?



What's true for me now...

What are you grateful for right now, in this moment? List at least five things, and aim to get to ten.

What lights you up? What makes the time pass quickly and joyfully for you? And how can you bring more of that into your life?

What drains you? And how can you reduce or avoid these things in 2024?

Who is / are the most important people in your life? Have you let them know?



As I look ahead...



What are my hopes, aspirations, and intentions for the new year? How can I set myself up for success?

What habits served me well this year, and which ones would I like to develop or change in the coming year? What no longer serves me or aligns with my goals?

How did I balance my work, personal life, and self-care this year? What improvements can I make going forward?

Describe your best day in 2023: where were you? What were you doing? Who was with you? How did you feel? And: how can you get more days like this in 2024?



2023
IN FOCUS

*“The privilege of a lifetime is to
become who you really are.”*

- Carl Jung

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