

A Reflective Practice

Regular reflection can be a very empowering process. It can help you to make sense of your day; to come to decisions, to set a course of action and perhaps most importantly, it can help us to step away from 'autopilot' – our habitual ways of doing and thinking.

Reviewing your year and looking forward

It makes sense to review your year at the end of the year in December or January. However, you can review your year at any time of the year and look forward. Often doing a review mid-year can be interesting and important because it allows you to check in on your year so far and find out whether or not you are on track with how you want your life to be.

1. What has worked well this year?

Take a moment and let the year run through your mind. Write down a few things that you have achieved; things you are proud of etc.

2. What hasn't worked so well?

Be careful here not to judge yourself. Just neutrally and non-judgementally looking at some things that you perhaps have wanted to do but didn't do or that you have done but that have not worked out etc...

3. What did you learn from those things that haven't worked so well?

What would you do differently?

4. Where do you want / need to focus next?

What are some things you want to do, pay attention to, learn and change?

In which area in your life, ie home, relationship, friendships, personal development, financial, health, leisure...

5. Imagine it's December 2019 – what do you see, hear and feel?

6. Imagine the 'you' at the end of 2019 – what are you telling yourself?