



APPRECIATE

& REFLECT ON

THE YEAR THAT'S

GONE BY

Rachael Kable

REFLECT ON THE YEAR THAT'S GONE BY



Rachael Kable

Hello and welcome to this workbook designed to help you reflect on the year that's gone by so you can prepare for the year ahead!

It's important to take some time to appreciate the lessons you've learned, the good things that happened, the ways you've grown and the challenges you've overcome.

I hope you enjoy completing this workbook (you can type your answers by clicking in the boxes or print it out to complete it by hand!) and I'd just like to say...

Have fun with it! Try not to put too much pressure on yourself to write the "perfect" answer. Sometimes, the best response is the first one that pops into your mind.

TIME TO REFLECT ON...

The good times over the last year!

A cool adventure I went on was...

I had a great time with a friend at...

I engaged in self-care by...

A hobby I enjoyed was...

My favourite memory of the last year is...

I really enjoyed spending time with...

I couldn't stop laughing when...

The best news I received was...

The little things I most enjoy in my day-to-day life include...

The best gift I received was...

TIME TO REFLECT ON...

The challenges over the last year!

The hardest experience was...

A big lesson I learned was...

A mistake I made was...

I wasted time by...

I felt disappointed when...

I overcame...

TIME TO REFLECT ON...

You!

My morning routine involves...

My evening routine involves...

Generally, I feel...

I spend a lot of time thinking about...

My strengths are...

Something I appreciate about my body is...

Three words I'd use to describe my mental health are...

Three words I'd use to describe my social wellbeing are...

Three words I'd use to describe my physical health are...

TIME TO REFLECT ON...

Your goals and dreams over the last year!

3 things I achieved were...

Something I didn't achieve (that I wanted to) was...

My biggest relationship accomplishment was...

My favourite goal was...

A big goal that I laid the foundations for was...

If I could set my goals again, I'd change...

The goal that made the biggest impact was...

TIME TO REFLECT ON...

Your personal growth over the last year!

3 things I'm proud I did include...

I went out of my comfort zone when...

An unhelpful habit I broke was...

A great habit I started was...

New skills I gained were...

Something I did for the first time was...

TIME TO REFLECT ON...

Favourite things over the last year!

My favourite books were...

My favourite movies were...

My favourite podcasts were...

My favourite meal was...

My favourite outfit was...

My favourite purchase was...

My favourite app was...

CONGRATULATIONS!



You have completed this workbook about

»»» **Reflecting on the Last Year!** «««



Well done for completing this workbook!

I hope you've enjoyed answering these journaling prompts and I'd like to wish you an amazing end to the year and a wonderful start to the new one!

with love,

Rach xx