

## Survive - Thrive - Alive Wrapping Up 2023 Reflection

Reflecting on the past year before negotiating the next is a powerful activity. Give yourself the gift of reflecting on what you were dealt this year and how well you finished. Answer these short questions both personally and professionally.

- What did I survive?
- Where did I thrive?
- What brought me joy and made me happy to be alive?

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### WHAT DID I SURVIVE?

Reflection includes reviewing those situations that were unplanned and even unpleasant.

- What challenges, losses, or issues did I face this year?

- What changes or obstacles did I encounter or create?

- What caused the obstacles or changes I encountered? (Ex. unforeseen circumstances, matters outside my control like economy or illness, another's actions, failure to plan, etc.)

- What issues or matters remain unsolved?

Reflection questions inspired by work with Vistage and Elaine Morris.

## WHERE DID I THRIVE?

Think about these questions when answering:

- What 3-5 achievements did I accomplish and/or am I proud of this year?

- How did I achieve each of those achievements?

- What did I learn about myself and others through these achievements?

## WHAT BROUGHT ME JOY AND MADE ME HAPPY TO BE ALIVE?

Whether it makes sense to others or not, think about these questions:

- What energizes me or keeps me going?

- What comes naturally to me?

- What do I think about that makes me smile and feel good?

- What makes me feel the most relaxed, comfortable, and/or encouraged?

- What seems possible or which opportunities appear when I am joyful and happy?

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## WHAT'S NEXT?

- How was this reflection activity for you? (Ex. feelings, surprises, trends, aha's or wisdom, etc.)

- How are you celebrating and recognizing your accomplishments this year?

When you finish reflecting on 2023, keep this review handy to plan next year.