

TURN YOUR LESSONS FROM THE PAST YEAR INTO GIFTS.



This past year has been a journey of unexpected moments, growth, and lessons—some hard-earned and others beautifully surprising. As we approach a new year, take a moment to pause, reflect, and turn the lessons of the past into gifts. This worksheet will help you celebrate your growth and recognise the brilliance in your uniqueness.

Step 1: Reflect on the Unexpected

What was the most unexpected thing, outcome, or challenge you experienced this past year?

 Write about the experience:

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Step 2: Discover the Strengths and Values That Supported You

- 1 What strengths or qualities helped you navigate this experience? (e.g., resilience, creativity, persistence)
- 2 Which personal values guided you during this time? (e.g., integrity, curiosity, empathy)

 Your strengths:

 Your values:

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Step 3: Uncover the Lessons Learned

Reflect on what you know now that you didn't know before.

- 1 What insights or knowledge did this experience bring to you?
- 2 Did you discover new ways of thinking, feeling, or acting?

 What I've learned:

Step 4: Celebrate the Growth

Who are you now after having this experience?

- 1 In what ways have you changed or grown?
- 2 What new qualities or perspectives have emerged from this journey?

 How I've grown:

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Step 5: Plan for the New Year

Let's take those lessons and growth into the new year!

- 1 What will you celebrate and carry forward into the next year?
- 2 How can you honor your unique journey and the wisdom it's brought you?

 What I will celebrate next year:

Need Accountability?

Sometimes, we need a little help to follow through.

If you'd like some support, email me at

carolyn@outsidetheboxsolutions.com.au and I'll follow up to see how your reflection is going.

Let's celebrate your wins together!

Wishing you the best for a year of growth, peace, and love,
Carolyn