

Reflecting on the Past Year: Better Choices for the New Year

This tool has three parts – reflective analysis, planning for the next year, and making intentional choices for a better year.



Part 1: Reflecting on the Past Year

As it is said, “Hindsight is 20/20.” When we distance ourselves from pleasant and unpleasant experiences to evaluate them with detachment, then we put things in proper perspective. The critical questions are noted below.

Please take some time to reflect on each and note down your responses for a more meaningful exercise.

- Did I live the past year in accordance with the annual goal?
- What were the most memorable experiences of the past year?
- Which choices resulted in positive experiences?
- What challenges made the past year truly difficult to navigate?
- What lessons did I learn from these experiences?
- How did the challenges help me to grow?
- Of all the experiences in the past year, which ones am I most grateful for?



- Which of my beliefs was challenged that I need to discard now?
- Did I make good or productive use of my time?

Part 2: Reflecting on the Past Year to Plan for the Upcoming Year

As we look back, we gain clarity on what truly matters. We can identify patterns and behaviors that no longer serve our highest purpose. Armed with this self-awareness, we embark on the upcoming year with a conscious commitment to change.

After evaluating the past year's experiences (above), we can visualize the path ahead from a unique vantage point. The critical questions are noted below. Please respond to each one keeping in mind the lessons learned from the past year's experiences.

- How will my life's priorities change as a result of my learned experiences?
- What will I do differently to increase the positive experiences in life?
- What specific mistakes do I need to prevent consciously and intentionally?
- How will I navigate challenges differently when they appear unexpectedly in life?
- What will I do differently to consistently make better choices in my daily life?
- What specific beliefs and attitudes do I need to eject from my mind?
- What "baggage" do I need to leave behind in order to move forward?
- What is the source of my motivation to transform from within?



A critical analysis will guide our actions for improved decision-making in the future.

Part 3: Making Intentional Choices for a Better Year

We must examine the past not with regret but with gratitude, recognizing that each experience has contributed to the masterpiece of life. Now is the time to engage in strategic thinking to develop an action plan to facilitate inner transformation. These are the action items for a better upcoming year.

Please utilize these action items to create a plan for success in 2024 in any area of your life that is the most important to you. This is a worksheet to help us to develop and implement a personalized action plan that has the potential to make a difference.

- Make a list of life's priorities for 2024 based on my learned experiences.
- Make an action plan (what and how) to increase the positive experiences in life.
- Make an action plan (what and how) to prevent serious mistakes made in the past year.
- Make an action plan (what and how) to manage unexpected challenges in life.
- Make an action plan (what and how) to consistently make better choices in my daily life.
- Make an action plan (what and how) to eject false beliefs and negative attitudes from my mind.



- Make an action plan (what and how) to let go of the “baggage” to move forward with hope and inspiration.
- Make an action plan (what and how) to remain cognizant of the source of motivation for inner transformation.
- Make an action plan (what and how) to record daily progress, assess wins and losses, and apply the lessons learned on a regular basis.

If you need to speak with anyone about any part of this tool, please feel free to contact us at sampanteam1119@gmail.com. Please also give us some time to respond.

Thank you.