

Reflecting on your year helps you appreciate your successes, reflect on your strengths and identify actions to focus on in the future. If you want to start with success then end your year with a review.

"Reflection allows us to connect the dots, to make sense of our experiences and use them to guide our future choices."

[Fearne Cotton, broadcaster and author](#)

Coach yourself questions

Describe your year in a word



What was your most memorable day of the year?



What was a mistake you made this year and what did you learn from it?



What skill have you gotten better at this year?



Who are you grateful to this year?



When do you think you have had the most positive impact this year?



Who or what have you learned the most from this year?



What do you want to be true in 12 month's time that isn't true today?



Recommended resources



How to Create Your Own 'Year in Review'

a Harvard Review article with practical ideas for action



Year in review

A free tool to help you approach the end of the year with clarity and confidence.



Helen and Sarah share their 2023 reflections and discuss their impact and insights from the year on Squiggly Careers [#378](#)