

# Reflections

At the end of each year, I like to do a bit of reflection. I want to share a few prompts that you may find helpful.

## Looking Back

Look back on the past year. What moments were most memorable? What are you most proud of? What things happened that you want to remember or give space? Write them all down on the following page.

Some memories will come easily – and it may not be the “biggest” ones. Sometimes the most memorable things may be small moments in time. Other memories may need to be sussed out with a bit of journaling or conversation. Looking back through photos or planners or reminiscing with loved ones can help unearth them.

Once you’re done writing, sit with those memories for a moment. What stands out to you? What went exactly as planned, and what was nothing like you expected? You may find your year contained far more than you thought, it may have surpassed your dreams and intentions, or it may have taken detours around all your expectations.

## Creative Reflections

This is an exercise I do in my creative business every year, and you’ll find it at the end of the Make Something Meaningful Creative Planner. It consists of five questions to help you celebrate your success, reflect on challenges, and learn from both. It’s different from Looking Back in that it focuses on your creative work, business, or goals rather than life in general.

If you have goals or intentions to reflect back on, use those as a guide. If you don’t, use this to reflect on your creative year.

I hope you find these helpful. If you want to share your thoughts, you can find me at [chris@makesomethingmeaningful.org](mailto:chris@makesomethingmeaningful.org).

Wishing you a wonderful new year,

Chris



# Looking Back



# Creative Reflections

Progress I made:

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What was successful:

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How can I cultivate that success:

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**What was challenging:**

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**How can I mitigate those challenges:**

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**Ways I rested:**

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