

Reflecting on the last year

Take 10 minutes to consider your responses to the following questions:

	Reflection Question	Your Answer
Care	What have I truly cared about at work this year? In hindsight, were these the right things?	
Courage	Where have I needed to show courage this year? On a scale of 1-10, how courageous was I?	
Curiosity	How have I been curious this year? How did that curiosity add value (or not)?	
Compassion	Where have I extended compassion to others this year? Where have I shown myself compassion?	
Connection	When have I felt a deep connection with someone or something at work this year? What affect did that have on me, them or on an outcome?	
Creativity	Where did I bring creativity into my work this year? What did doing so give me?	
Contemplation	Where have I invested time to take stock in my work this year? How have I checked in with myself or others this year and acted on what I have learned?	

Sparkling ideas for the year ahead

	Future-focused Question	Your Answer
Care	How will showing care be important to me in the year ahead? Where do I need to show care and to whom?	
Courage	If I was truly courageous in the year ahead what could I achieve? Where will it be most important for me to show courage?	
Curiosity	What I am already curious about in the year ahead? How do I need to continue to be curious?	
Compassion	How can I extend my compassion to others in the year ahead? Where do I currently feel I will most likely need to show myself compassion in the year ahead?	
Connection	What connections will bring me joy and/or fulfilment in the year ahead? What steps can I take now to ensure those connections happen?	
Creativity	If I am at my most creative in the year ahead, what is possible for me? What excites me about these possibilities?	
Contemplation	How might I need to make time for reflection and contemplation in the year ahead? What do I see as the value of doing so?	