



What Did You Learn From 2023

INSTRUCTIONS: You'll need a journal or workbook, your favorite cup of tea, coffee or something else that's wonderful, and a quiet place to be for a little bit. Also, it's better for stimulating your brain to write with pen and paper than type on a device.

PLUS

Part 1 - What Went Well In 2023

What moved you closer to your goals, helped you solve a problem, or was just fun? These can be events, relationships, emotions, or mindsets.

MINUS

Part 2 - What Did Not Go Well In 2023

What moved you away from your goals, created more problems, or was just a negative experience? These can be events, relationships, emotions, or mindsets.

LEARN

Part 3 - What Are The Lessons You Learned In 2023

What lessons did you learn, either as a result of the other two columns, or otherwise? Consider especially the lessons you'd like to take into 2024 to help you achieve your next goals.