End of Year Reflection Worksheet

Name: _____ Gender: _____

Date: _____ dd / mm / yyyy

Take some time to reflect on the past year in terms of your personal and professional growth. Answer the following questions honestly and thoughtfully. This reflection will help you gain insight into your journey over the past year and identify areas for improvement or celebration.

What were your main personal and professional goals at the beginning of the year?

Reflect on your progress towards those goals.

What obstacles did you encounter along the way?

How did you overcome those obstacles?

What achievements are you proud of?

Were there any challenges or setbacks you faced?

How did you deal with those challenges or setbacks?

Did you seek assistance or guidance when needed?

How satisfied are you with your overall progress this year?

Did you learn any valuable lessons?

How do you plan to apply those lessons in the upcoming year?

Is there anything else you would like to add about your journey this year?

Notes: