

REFLECTIVE CHRISTMAS CALENDAR

Monday

1 What moment at work this year, made you feel proud?
Shut your eyes and picture this experience - what part of this memory catches your attention?

8 Were there any new skills or abilities that grew for you this year?
How did you learn these?
Do you have any learning goals for next year?

Tuesday

2 What is one strength you feel has shown up in your practice this year?
Write down some examples of the moments this strength has shone!

9 What is a small change in your practice that made a big difference for you?
How did you implement this change?
Would you like this change to continue?
If so, how will this happen?

Wednesday

3 What did you learn about yourself at work this year?
Draw yourself a timeline of the year - think about all the moments of learning you had each month.

10 What is one word that sums up your year?
If you are not sure of your word, do some free journaling for 5 minutes reflecting on your year - circle words that stand out to you and keep playing with these highlights to find your word!

Thursday

4 Think about your 'why' for doing this work.
Has this 'why' changed over the year?
What has influenced why you do what you do this year?

11 Think about your wellbeing this year.
On a scale of 1 - 10.
1 = not great / 10 = great.
Where do you see your wellbeing?
What would it look like if you were the next number up the scale?
What differences would you notice?

Friday

5 Do you have any parts of your practice that you would like to think more about?
How might you carve out time in the coming year to dream, think, build?

12 When were you surprised by your own abilities this year?
Think about this time - where did this ability come from?
How did you back yourself to let it shine?

19 If you were to picture yourself in 5 years time, what differences would you notice?
Are there any mini-steps that you can take in the next 6 months towards this version of yourself?

18 What gave you energy or motivation in your work this year?
How can you do more of these things next year?
Are there any new routines or rituals that you think might help your energy or motivation?

17 Are there any tweaks you intentionally made to your practice this year?
Check in with these changes:
What worked? What didn't?
What worked = do more!
What didn't = do something different!

24 Set yourself a focus/value/intention moving forward.
Think about one thing that would be different in 12 months if this focus/value/intention developed in the coming year.

23 Find some motivational songs, words of wisdom or pictures (or create a mood board) that you would like to use as inspiration for next year.
Get this ready now for the year ahead.

22 What feedback did you receive this year that you want to hold onto?
Write this down/draw a picture and place it somewhere you will find it next year.

MERRY
Christmas

From, Laura Hawkins