

# REFLECTION SESSION

You can hear us walk you through the template on this People Leaders Podcast episode here [<http://bit.ly/2WB9o0G>].



Name:

Date:

## WHAT HAS BEEN THE HIGHLIGHT FOR ME ?

Professionally and Personally?

## WHAT GOALS DID I ACHIEVE? WHAT CONTRIBUTED TO THIS?

WHAT LIFE LESSON HAVE I LEARNED?

HOW HAPPY/FULFILLED DO I FEEL?

## WHO AM I GRATEFUL FOR?

ONE WORD TO DESCRIBE WHO I WANT TO BE?

## WHAT ARE MY 3 PRIORITIES/GOALS /RESULTS?

SELF

TEAM

1.

1.

2.

2.

3.

3.