

# Taking a moment to reflect and celebrate

1

**Reflect back over each month of the year. What stood out as a success, achievement or something of note? Write the month at the top of the box, and then list what you want to remember or reflect on from that month.**

Why only 9 months? Life happens and some months are just getting through the grind, or managing to stay afloat (noting that that can be an achievement in itself). If you have more to say, then use the space below the grid.

Month: _____ _____ _____ _____	Month: _____ _____ _____ _____	Month: _____ _____ _____ _____
Month: _____ _____ _____ _____	Month: _____ _____ _____ _____	Month: _____ _____ _____ _____
Month: _____ _____ _____ _____	Month: _____ _____ _____ _____	Month: _____ _____ _____ _____

2

## What to reflect on?

What should you reflect on? Whatever is meaningful to you. That could be a long-awaited achievement of a goal, or an unexpected success or some fabulous feedback on something important. It could be navigating more tricky waters and emerging out the other side. It could be a habit that you wanted to create, change or eliminate.

Are there any patterns? Any other reflections that come to you as you reflect and celebrate the year that has been?

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3

## Why it matters?

Barbara Fredrickson's Broaden-and-Build Theory highlights how positive emotions expand our perspective, revealing new possibilities and building resources like resilience, creativity, and connection.

Reflecting on positive memories through this annual practice nudges your emotional state toward positivity and lays a foundation for thriving in the year ahead.