



GARDEN OF LIFE REFLECTION

This is a great exercise for people who are new to self-reflection. It is a simple framework using gardening philosophy to guide you.

Whether you are planning on one-upping what was a brilliant year or turning a shit-storm into something more manageable...

These questions will help you to consider what was really great, what you could you have done without and what you want to see more of in the New Year.

1. Print the page, make a relaxing herbal tea, sit quietly and consider the past year.
2. Using the columns step through your year and list as many things as you can think of.
3. Put it away somewhere safe to refer to in 12 months time.

Writing these things down is proven to help you achieve more!

All the best,

The team at focus booster.



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FLOWERS 🌷

What did you love?

WEEDS 😞

What would you leave out?

FERTILISER 🌱

What will you add or improve?