This activity is designed to help you **reflect on 2024** before our **2025 Goal Setting Workshop** on December 10th. We’ll use our time together to create intentional goals for the upcoming year, but before we can look ahead, we must first gain clarity on **where we are now and why**. By reflecting on how you showed up in 2024, you'll be better prepared to set meaningful goals that truly align with your next steps.

Set aside **one hour** to go through these prompts. Be kind to yourself as you reflect—there’s no “right” or “wrong” here. This is a moment to honor your journey, acknowledge your growth, and learn from your experiences.

**Step 1: Create Space for Reflection**

Before you dive into the prompts, find a quiet spot where you can focus and feel grounded. Grab a notebook and pen, take a few deep breaths, and remind yourself that this time is just for **you**. Let go of any pressure to be perfect—this is a moment to reflect with honesty and compassion.

**1. Physical Health**

* *How did I prioritize my physical health this year?*
* *What were my key wins in terms of my health?* (e.g., exercise routines, sleep habits, eating well)
* *What challenges or setbacks did I face in maintaining my physical health?*
* *How do I feel about my physical health at the end of 2024?*

*Reflection Tip*: Your physical well-being impacts every aspect of your life—including your career. Think about how your health choices affected your energy, focus, and productivity. What can you learn from this to improve in the future?

**2. Mental and Emotional Health**

* *How did I care for my mental and emotional health in 2024?*
* *What helped me stay mentally and emotionally strong?* (e.g., self-care routines, therapy, coping mechanisms)
* *Where did I struggle mentally or emotionally, and how did I navigate those moments?*
* *How do I feel emotionally as I close out this year?*

*Reflection Tip*: Mental health directly affects performance, especially in high-pressure roles like sales. Reflect on moments when you felt overwhelmed—what helped you stay balanced, and what could you do differently moving forward?

**3. Relationships**

* *How did I show up in my relationships with others this year?*
* *Which relationships nurtured me, and which ones drained me?*
* *Where can I improve in how I communicate, connect, or support those around me?*
* *What do my relationships look like as I close out 2024?*

*Reflection Tip*: Building strong relationships is essential, both personally and professionally. Consider how your relationships with colleagues, clients, and loved ones affected your work and well-being. What patterns do you see, and what could you change to improve those connections?

**4. Spirituality and Presence**

* *How connected did I feel to my spirituality or sense of purpose this year?*
* *How present was I in the moment—both in my personal life and work?*
* *What helped me stay grounded and aligned with my values?*
* *Where did I feel disconnected, and how did I navigate that feeling?*
* *What did “being present” look like for me this year?*

*Reflection Tip*: As a salesperson, it's easy to get caught up in the rush of targets and deadlines. Consider how often you took time to be fully present in your interactions—whether with clients, family, or yourself. How did being “present” (or not) impact your performance and peace of mind?

**5. Career**

* *How did I show up in my career this year?*
* *What were my key accomplishments?* (e.g., sales targets, projects completed, growth milestones)
* *Where did I face challenges, and how did I respond?*
* *How do I feel about my career as I finish 2024?*

*Reflection Tip*: Career reflections are especially important for sales professionals. Think about the moments that shaped your success and the areas where you felt stuck. What factors contributed to those moments, and how can you apply those lessons in the future?

**6. Finances**

* *How did I manage my finances in 2024?*
* *What financial decisions or habits helped me feel more secure or empowered?*
* *Where did I struggle with managing money, and what did I learn from that?*
* *How do I feel about my financial situation as I close out the year?*

*Reflection Tip*: Your financial health ties into your career growth, especially as a salesperson. Reflect on how your income, spending, and saving habits impacted your stress levels and mindset. What small changes can you make to improve your financial well-being moving forward?

**Step 2: Your Key Takeaways from 2024**

After reflecting on these areas, take a moment to write down the **3 key lessons** you've learned this year. These could be insights into your health, work habits, relationships, or any personal growth you’ve experienced.

**Step 3: Acknowledging Your Growth**

Take a moment to reflect on everything you've learned through this process. Acknowledge the **wins**—big and small—and give yourself credit for showing up, even when things were tough.

Write down one **affirmation** or **statement of gratitude** to yourself. Something like:

*"I honor the progress I’ve made this year, and I am proud of what I have accomplished, even through challenges."*

**Step 4: Final Thoughts**

By completing this reflection, you’ve already set yourself up for success. Gaining clarity on where you stand in these six key areas of your life will give you the foundation you need to make intentional, confident decisions as we move into 2025. During our **2025 Goal Setting Workshop**, we’ll build on these reflections and create a focused, actionable strategy for the year ahead.

Between now and then, let these reflections sink in. Take time to truly tap into where you are in these areas—with **clarity** and **self-acceptance**. This understanding will empower you to step into the new year with purpose, ready to take on whatever comes next.