



Looking Back and Ahead



Looking Back and Ahead

Reflecting on the year that passed
and purposefully thinking about
what you would like to do, see, feel in
the one ahead

As a value driven organisation, our values are who we are,
how we work, live, interact with each other and others.



This is a tool you can use to kick the year off by contemplating about the past one, how your values were brought to live and how you approach the new year with intention.

You can use this tool as is, or you can replace it with your own values.



Highlights

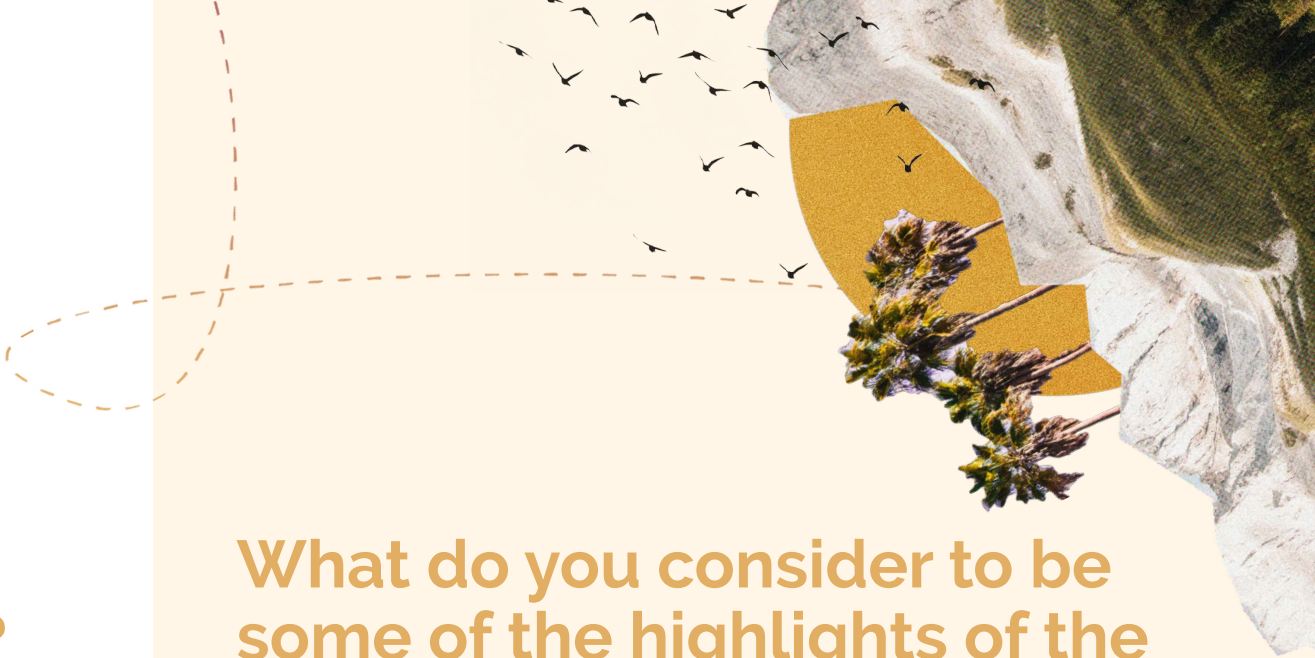
Who are the people in your life you are most grateful for in the past year?

What are some of the new relationships in your life that you are grateful for?

Who did you show up for most last year?



Highlights



What was the hardest thing you had to do last year?

What are you most proud of this past year?

What do you consider to be some of the highlights of the year that has passed and why?

(You can use your calendar to flick through the weeks to trigger your thoughts)



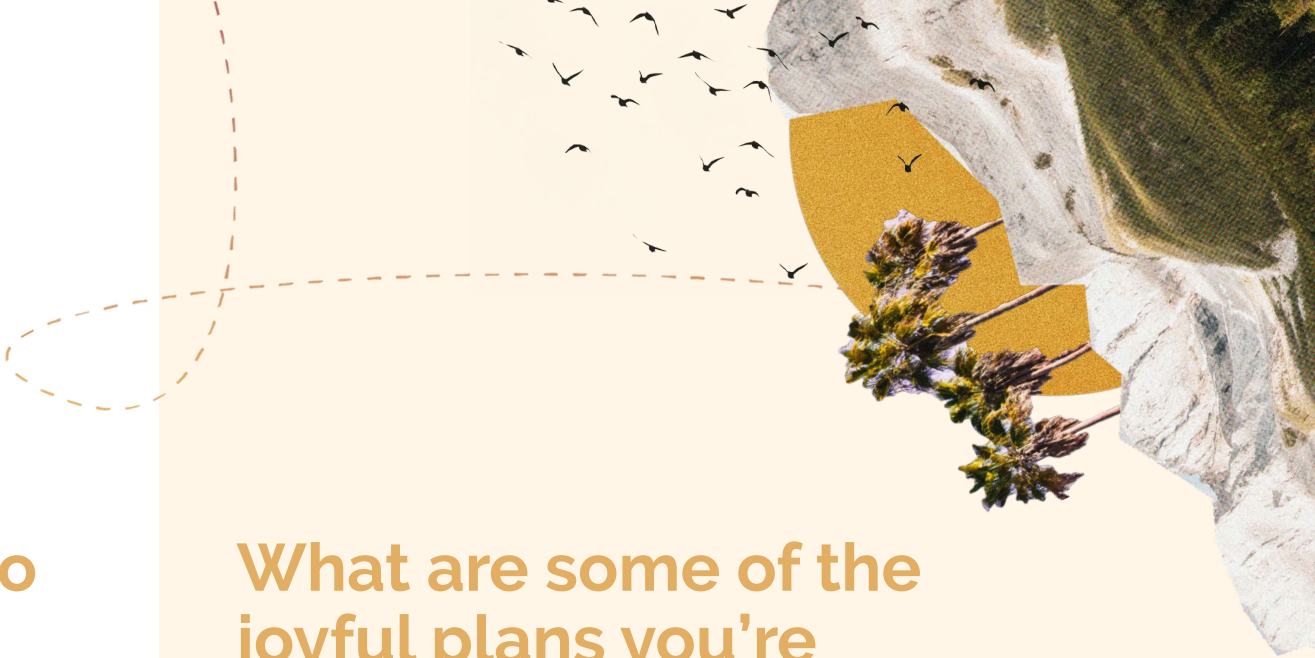
Your Values

Joy

What and who has brought you joy last year?

Who did you bring joy to this past year?

What are some of the joyful plans you're making for this year?



Your Values

Kind

Who showed you kindness
this past year?

Who did you show
kindness to this past year?

How do you want to
include kindness in your
relationships next year?



Your Values

Brave

What did you do last year that you find brave?

Who do you admire for being brave this past year?

What do you want to do coming year that requires bravery? How will you approach this?

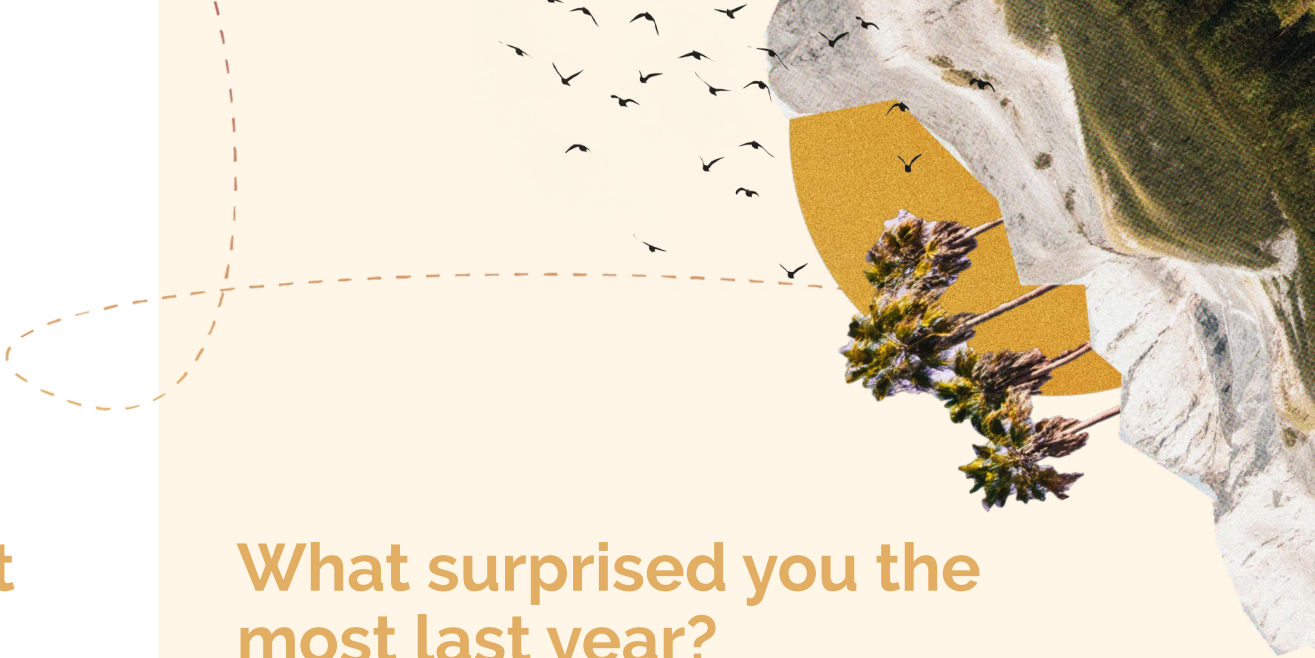


Your Values Curiosity

What did you learn
this past year?

What did you learn that
would you like to share
with others?

What surprised you the
most last year?



Your Values

Genuine

How did others see you this past year and does that align with how you see yourself?

How did you react when not everything was going your way? What did you learn from this?

Did this feel like how you would want to react? How close was this to how you would want to react?

How can you work on aligning who you feel you are and how you are perceived and react?



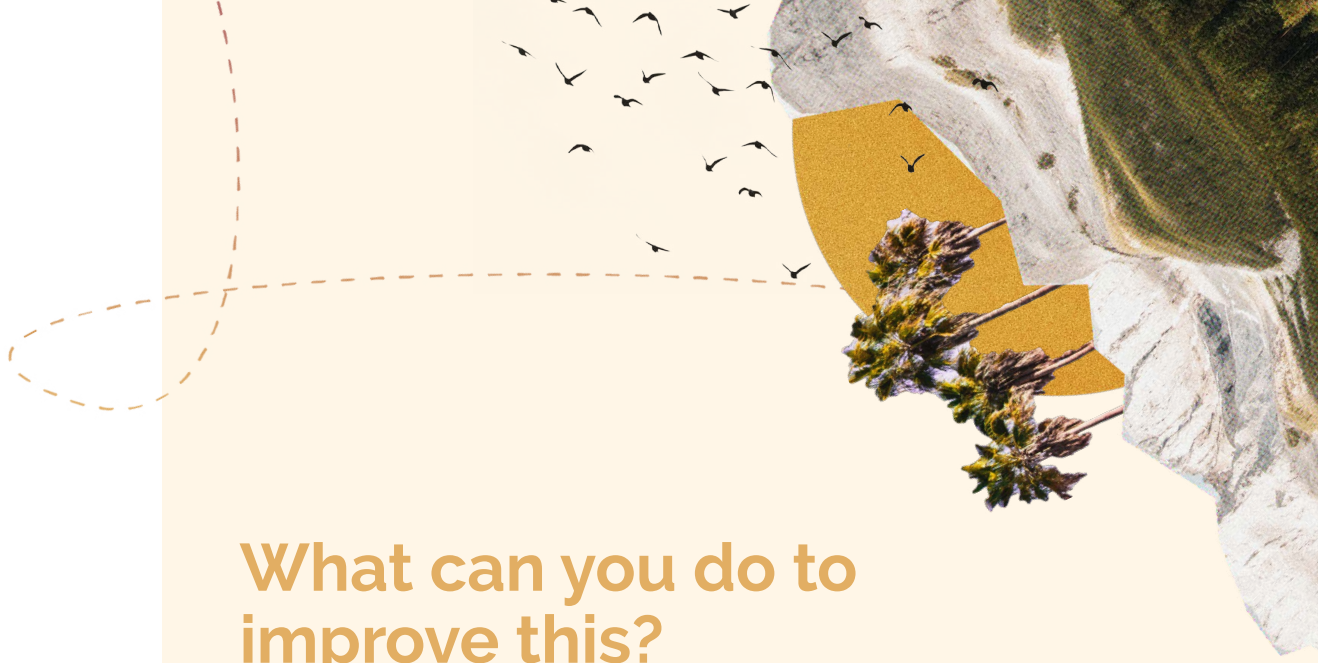
Your Values

Abundance

How did you look at
scarcity and abundance
this past year?

How would you like to
look at this next year?

What can you do to
improve this?



Wellbeing & Care Healing

How did you take care of yourself? What do you want to keep doing and what do you want to do differently?

How conscious do you want to be about healing the coming year and what can you do?

What do you know deep down needs nourishment?



Wellbeing & Care

Care

How did you show up for others this past year?

How do you feel about your care for others this past year?

How do you want to care for others in the coming year?

Who do you want to care for more this year?



Wellbeing & Care

Planet

How did you care for the planet in the past year?

How will you commit to caring for the planet in the year ahead?



Wellbeing & Care Society

What did you do to help others
this past year?

In your local community - In wider society

What do you want to do to help
others this year?

In your local community - In wider society



Your Relationships

Anything you would like to do differently?
Need more of? Invest more in?

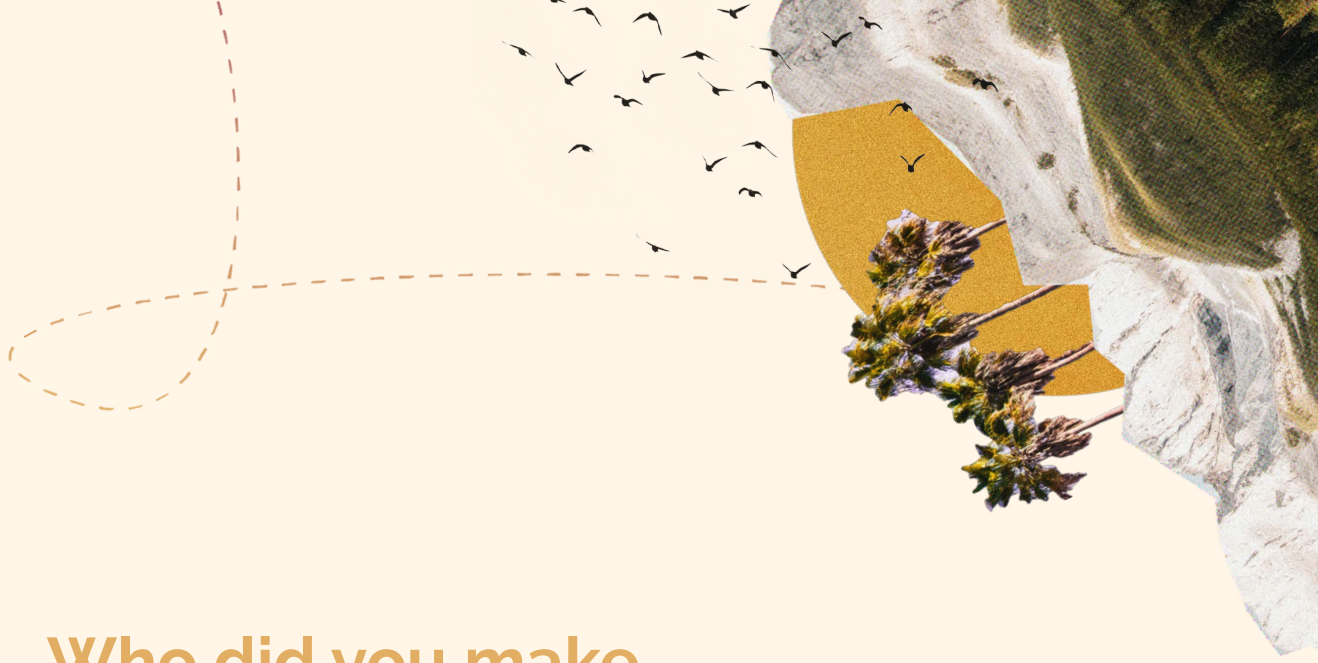
Who in your life has made you feel...

- Loved
- Stronger
- Comfortable
- Confident
- Trusted
- Seen
- Connected
- Safe

Who did you make feel....



Your Relationships



Who in your life has made you...

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- Joyful
- Laugh
- Grow
- Change Your Mind
- Want to Push Further
- Want to Learn More
- Have Fun
- Inspired

Who did you make....

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Dreams & Goals

Dreams

What makes you excited about the coming year?

What seeds do you want to plant now so you can grow them into something big?

Which big dreams do you have and what can you do now, however small, to make a step towards bringing those to life?



Headlines

What would you like to read as a headline
in the news about you in 1 year?

Use your name in the headline

What would you like to read as a headline
in the news about you in 2030?

Use your name in the headline



Dreams & Goals

Goals

What would you like to accomplish the next year?

For you

In your
relationships

In your work

For your
community

For the planet



 Impact Shakers

Get in Touch

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