

The background features several line art illustrations. In the top left, a hand holds a large, multi-lobed leaf. Below it is a smaller branch with several oval leaves. On the right side, a woman's face is depicted in profile, looking upwards with her eyes closed. A thick, wavy purple line runs across the top right and down the left side of the page.

30-Days of Reflection

SUKAINA RAJANI

December

12/1

WHAT IS THE MOST IMPORTANT LESSON YOU LEARNED THIS YEAR?

12/2

WHAT IS THE BEST THING THAT HAPPENED?

December

12/3

WHAT CHALLENGES DID YOU OVERCOME?

12/4

WHAT DID YOU DO FOR YOUR GROWTH?

CAREER _____

PERSONAL _____

MINDSET _____

PHYSICAL _____

SPIRITUAL _____

RELATION-
SHIPS _____

December

12/5 WHAT WAS YOUR FAVOURITE MOMENT?

12/6 WHAT NEW HABITS DID YOU START?

December

12/7

WHAT ARE YOU THE MOST PROUD OF THIS YEAR?

12/8

WHAT DID YOU LEARN ABOUT YOURSELF?

December

12/9

HOW DID YOUR RELATIONSHIPS (FAMILY, FRIENDS, WORK) EVOLVE?

12/10

HOW ARE YOU DIFFERENT THAN A YEAR AGO?

December

12/11

WHO OR WHAT HAD THE BIGGEST IMPACT ON YOUR LIFE THIS YEAR?

12/12

WHAT DID YOU LET GO OF?

December

12/13 HOW DO YOU DESCRIBE THIS YEAR IN 3 TO 5 KEYWORDS?

12/14 WHAT ENERGIZED YOU? WHAT DRAINED YOU?

December

12/15 WHAT SENTENCE OR PHRASE SUMS UP YOUR YEAR?

12/16 WHAT HAVE YOU NOT DONE THIS YEAR THAT YOU WISH YOU HAD?

December

12/17

MY FAVORITES THIS YEAR:

SONG _____

MOVIE _____

BOOKS _____

ACTIVITY/
EXPERIENCE _____

FOOD _____

PURCHASE _____

December

12/18 HOW KIND WERE YOU TO YOURSELF?

12/19 WHAT ARE YOU MOST THANKFUL/GRATEFUL FOR THIS YEAR?

December

12/20 WHAT ADVICE WOULD YOU GIVE YOUR LAST-YEAR SELF?

12/21 WHAT ARE YOU GOING TO CONTINUE DOING INTO 2022?

December

12/22 WHAT ARE YOUR GOALS FOR NEXT YEAR?

PERSONAL _____

HEALTH _____

RELATIONSHIPS _____

CAREER/
BUSINESS _____

SPIRITUALITY _____

MINDSET _____

December

12/23

WHAT WILL YOU DO TO STEP OUT OF YOUR COMFORT ZONE?

12/24

HOW WILL YOU HELP OTHERS?

December

12/25

WHAT PERSONAL QUALITIES DO YOU WANT TO STRENGTHEN?

12/26

WHAT SKILLS DO YOU WANT TO LEARN? HOW?

December

12/27 HOW WILL YOU TAKE CARE OF YOURSELF?

12/28 WHAT WILL YOU SAY "NO" TO?

December

12/29 HOW WILL YOU IMPROVE YOUR ENVIRONMENT?

12/30 WHAT IS YOUR 2022 MANTRA?



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