

2020 REFLECTION



What was your biggest accomplishment this year?

What did you learn about yourself?

What new strategies did you learn?

How do you feel you handled all the changes, outside or your control that occurred this year?

What might you do differently next year?

What brought you the most comfort or joy?

What did you revisit from the past?

What did you try that was new? or challenging?

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SIMPLE TOOLS.



DEEP RESULTS.

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What is one thing do you want to let go of next year?

What attitude do you want to adopt moving forward?

Find a word that encapsulates this new attitude.

Who or what do you feel most grateful for?

What inspired you the most this past year?

Did you take responsibility for your situation and act accordingly?

If you were 100% responsible for all your experiences, what would that change for you?

What is the most unhelpful attitude or belief you have about yourself?

Are you ready to let that go?

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