

REFLECTION 4.0

HEY GIRL! IT'S TIME TO ASK YOURSELF SOME HARD QUESTIONS. THIS DOCUMENT HAS BEEN BROKEN DOWN INTO TWO CATEGORIES: SOUL REFLECTION AND GOALS REFLECTION.

TAKE SOME TIME TO CAREFULLY CONSIDER EACH QUESTION BEFORE YOU ANSWER. THIS DOCUMENT WAS CREATED TO HELP YOU SLOW DOWN AND IDENTIFY AREAS OF GROWTH AND AREAS THAT STILL NEED SOME ATTENTION IN THE NEXT SEASON.

DID YOU EXPERIENCE ANY SPIRITUAL GROWTH THIS YEAR?

DID YOUR PRAYER LIFE AFFECT YOUR ATTITUDE/MOOD THIS YEAR? IF SO, HOW?

WHAT DID YOU HAND OVER TO GOD?

WHAT AREAS ARE YOU STILL LEARNING TO TRUST GOD?

WERE YOU ACTIVELY PLUGGED INTO A LOCAL CHURCH/COMMUNITY?

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IN WHAT WAYS HAS COMMUNITY AFFECTED YOUR SPIRITUAL GROWTH?

DO YOU FIND IT CHALLENGING TO LIVE VULNERABLE BEFORE GOD? WHAT ABOUT OTHERS?

ARE YOU CURRENTLY HOLDING ONTO SOMETHING THAT GOD HAS CALLED YOU TO RELEASE?

WHAT IS AN AREA YOU CURRENTLY SEEKING HEALING?

HOW WOULD YOU LIKE TO GROW SPIRITUALLY IN THE NEXT SEASON?
WHAT WILL IT TAKE TO ACCOMPLISH THIS?

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WHAT TOP THREE GOALS DID I ACHIEVE?

DID YOU EXPERIENCE CLARITY AROUND YOUR PURPOSE?

WHAT INSPIRED YOU THIS YEAR?

WHAT CAUSED BURNOUT THIS YEAR?

WHAT EXCUSES HELD YOU BACK THIS YEAR?

GOALS



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DID YOU GIVE UP ON ANY OF YOUR GOALS THIS PAST YEAR? IF SO, WHY?

WHAT WERE YOUR TOP THREE DISTRACTIONS?

WHO DID YOU GIVE PERMISSION TO HOLD YOU ACCOUNTABLE?

HOW OFTEN DID YOU CHECK IN WITH YOUR PROCESS?

WILL YOU CARRY ANY OF YOUR UNFINISHED GOALS INTO NEXT YEAR? IF SO, WHICH ONES?