

# A year in Motion- Team reflection worksheet

## 3. ONE PERSON (OR ROLE) WHO INSPIRED THE TEAM

Whose behavior, initiative, or attitude lifted us this year?

This can be a teammate, someone outside the team, or an entire department.

## 1. ONE MOMENT WE ARE GRATEFUL FOR

What moment, decision, opportunity, or shift brought positive movement to our team this year?

What helped us reconnect or move forward when things were difficult?

3

2

4

5

## 2. ONE BATTLE WE WON TOGETHER

What collective challenge did we face and navigate successfully — even if imperfectly? Where did we show resilience, adaptation, or courage as a team?

## 4. ONE AREA WHERE OUR TEAM BECAME ACTIVE (AGAIN)

Where did we regain momentum? What did we start doing — or start doing differently — that reminded us:  
**“We are capable. We are moving.”**

## 5. OUR MOVEMENT FOR NEXT YEAR

As a team, what is one movement we want to carry forward? What internal shift or new practice should guide us into the next chapter?