

# A year in Motion- Reflection worksheet

## 3. ONE PERSON WHO INSPIRED ME

Whose presence, words, or example sparked movement in you?  
How did they influence your growth?

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## 5. THE MOVEMENT AHEAD

What inner motion, insight, or shift do you want to continue into the coming year?

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## 4. ONE AREA WHERE I BECAME ACTIVE (AGAIN)

What did you begin doing (again) — even imperfectly — that reminded you:

**“I am alive, and I am moving.”**

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## 1. ONE THING I AM GRATEFUL FOR

What brought life back into you this year?  
Where did you notice the return of movement, energy, or possibility?

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## 2. ONE BATTLE I HAVE WON

What challenge — internal or external — did you meet with courage?  
Where did you step forward instead of shrinking back?

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