

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?

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?

1

3

2

5

4

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.”

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?

5. THE MOVEMENT AHEAD

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