

A Template for *Reflection*

A guided exercise in looking inward, upward, and forward

We will spend 6,000 hours awake in the next year — what if we spent just 1 of those hours reflecting, learning, and praying, so we could make the most of the remaining 5,999?

Before you begin, take 5 minutes to slow down. Don't rush. Remove any distractions. Consider putting your phone on airplane mode.

Become Aware

Sit quietly and tune in to each of the following. Write a few words in response.

Your body — *Do you feel tense, sore, or in pain anywhere?*

Your thoughts — *Is it hard or easy to focus right now?*

Your emotions — *What are you feeling in this moment?*

Your surroundings — *What are the smells, sounds, and textures around you?*

God's presence — *Do you sense that He is near or far?*

Write down any other observations as you settle in:

Your observations...

1 What Happened This Year?

Take a moment to simply remember what happened. You can record absolutely mundane things or focus on the bigger picture. It may help to scroll through your photos.

Jan – Mar

Apr – Jun

Jul – Sep

Oct – Dec

What events, moments, or memories stood out most to you this year?

2 What Are You Grateful For?

Celebrate the amazing people in your life, highlights throughout your year, personal wins, and all the little things that deserve attention.

People

Experiences

Wins & Successes

Challenges

Little Things

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus."

— 1 Thessalonians 5:18

Write a prayer of thanksgiving:

Your prayer of thanks...

3 Going Deeper

Take your time with these. There's no rush.

What's one thing that happened this year that surprised you?

What did you do for the first time this year?

What stressed you out this year?

What got you really excited this year?

What's one thing that got you really angry this year?

What was the biggest risk you took this year? How did it go?

If you could travel back to the start of the year, what advice would you give yourself?

What are three things you learned from this year?

4 Relationships & Spiritual Inventory

Take an honest look at your most important relationships — with others and with God.

What 3 words best describe your relationships with others right now?

What 3 words best describe your relationship with God right now?

Is there anything you need to clear up with God? Someone you need to forgive?

Something you need to confess? Something you need to ask for help with?

What is one thing you believe God has been doing in your life this year?

10 years from now, what's one good thing you'll remember from this year?

"Let us examine our ways and test them, and let us return to the Lord." — Lamentations 3:40

5 Goals for the Year Ahead

Think about all aspects of your life: professional, personal, physical & mental health, relationships, new skills, passions, serving, and your walk with God. New things to start, current habits to stop, or current habits to continue. Pray about what God might be asking you to commit to.

Some examples: write 5 gratitudes daily, take a class in X, read the Bible daily, run a 5K, set up a side business, limit phone time, pray more & worry less, go on a monthly hike, get involved in a new community.

"Commit your work to the Lord, and your plans will be established."

— Proverbs 16:3

What are you excited about for the next year? What are you concerned about?

In what ways is God possibly asking you to grow or change in the next year?

Write your top 3 goals for the year:

Goal 1

Goal 2

Goal 3

For each goal, answer these planning questions:

Luke 14:28–30 — “Which of you, desiring to build a tower, does not first sit down and count the cost?”

	Goal 1	Goal 2	Goal 3
Why does this goal matter to me?			
How will I know when I achieve it?			
What are 3 reasons I might fail at this goal?			
What can I do to minimize that risk?			
Who can I ask for help?			
What's my daily / weekly process to achieve this?			

When you look back on this next year, what 3 words would characterize a great year?

Write a prayer for the year ahead:

What would you like to say to God today? What are you asking Him for? What is God saying to you?

Your prayer...

*“Have I not commanded you? Be strong and courageous.
Do not be frightened, and do not be dismayed,
for the Lord your God is with you wherever you go.”*

Joshua 1:9
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