



Your
Top 10
for
2022

Guided Worksheets by
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Your Top 10 for 2022

Reflecting on the year helps you spot the gems you've gathered along the way and gives you the clarity to lay the foundation for your best future.

Allow the following questions to guide you to connect with what truly matters.

How would you describe 2022?

What challenges did you face in 2022?

What did you learn about yourself through your challenges?

What brought you the most joy in 2022?

What surprised and delighted you about 2022?

How did you grow and change in 2022?

What is the most significant thing you learned in 2022?

What is most meaningful to you about 2022?

What are your Top 10 experiences from 2022?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Fill in the circle with the most meaningful gem you gathered from 2022.



Journal about how everything you experienced in 2022 can help you lay an empowered foundation for the year ahead...

*Honor your life experiences
and keep growing into your
fullest expression!*