



DEPTH
NOT WIDTH™

DepthNotWidth.com



MY 2022 SNAPSHOT

LOOKING BACK ON 2022 AND FORWARD TO 2023.

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Setting your goals for 2023 starts with a review of your past year. Reflecting on 2022, invest some time diving into the lessons you've learned this year, both personally and professionally.

INSTRUCTIONS:

With 2022 in mind, consider the questions below. Writing down your responses will help you clear your mind, create focus, and make your thoughts more sticky for you to access in the future. **The 2023 you want to create begins right here.**

1. Awareness

How would you describe this past year in three words?

2. Accomplishments

Where did you experience wins in 2022?

Life comes with both peaks and valleys. Where did you experience losses this year?

3. Strengths

Which of your strengths were the most valuable to you over the past year?

4. More and Less

Looking at 2022, what do you want more of in 2023?

What do you want less of?

5. Distractions

What things in 2022 distracted you from achieving your goals? What should you have said "no" to?

6. Growth

In 2022, which areas did you grow in the most in? What new things did you learn about yourself?

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7. Belief

Looking back on 2022, did you believe in your ability to achieve your goals? Why or why not?

8. Unfinished Business

Did you leave any 2022 goals incomplete, and why? Which ones will you take with you into 2023?

9. Lessons (The most important question you'll answer this year.)

What lessons did you learn in 2022, and what will you carry from this year into the next?



READY FOR MORE?

Create more depth in your life in 2023! Follow me on the Depth Not Width blog at DepthNotWidth.com

We'll talk about goal setting for the new year and so much more. You'll find inspiring blog posts, powerful tools like this one, and a community of people like you who are focused on living life on purpose. See you there! - John