



DEPTH
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MY 2024 SNAPSHOT

REFLECTING BACK ON 2024 AND INTO 2025.

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Setting your goals for 2025 starts with a review of your past year. Reflecting on 2024, invest some time diving into the lessons you've learned this year, both personally and professionally.

INSTRUCTIONS:

With 2024 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 2025 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 2024?

Life comes with both peaks and valleys. What could have gone better in 2024?

3. Strengths

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

4. More and Less

Looking at 2024, what do you want more of in 2025?

What do you want less of?

5. Distractions

What things in 2024 distracted you from achieving your goals? What should you have said “no” to?

6. Growth

In 2024, 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 2024, did you believe in your ability to achieve your goals? Why or why not?

8. Unfinished Business

Did you leave any 2024 goals incomplete, and why? Which ones will you take with you into 2025?

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

What lessons did you learn in 2024, and what will you carry from this year into the next?

READY FOR MORE?

Create more depth in your life in 2025! Follow me on the Depth Not Width blog at DepthNotWidth.com

You can also check out my new book, Living Life Daily, with 365 thought-provoking prompts that will push you to reflect, take action, and embrace meaningful change.

