

Elevate your life

with The Happiness Strategy

This is **YOUR** 2023 reflections to yourself, be open and honest when answering the questions.

Set aside some time, find a quiet space, light a candle, and grab a cup of your favourite tea, coffee, or even wine if that helps you relax a bit.

If you prefer to write, use a blank piece of paper or a journal and just start writing, don't worry about how it reads, just focus on how you feel, what does the question bring up and remember it's about you, your experiences, emotions, and growth over the past year.

Throughout this process, you may encounter uncomfortable emotions tied to certain experiences. Embrace them. Sit with them. Ask yourself why they trigger specific feelings. These discomforts are signposts, guiding you towards what you don't want in your life. Similarly, when euphoric feelings emerge, take them as positive indicators. Let them inspire you to seek more of those moments in the coming year.

Take these as a sign of what you don't want. In the same way as when you feel more euphoric feelings, take these as a positive sign to do more, to feel that way.

Enjoy the process, if you find it difficult to sit and answer all of the questions in one sitting, do it at your own pace on days and times that work for you.

The main thing is that you give it a go. I hope that it is of help for you.

Here's to understanding your 2023 and paving the way for a purposeful 2024.

Sarah x

1. What Went Well?



2. What Didn't Go as Planned?



3. How Did You Feel Across the Year?



4. Epiphanies and Action



5. Goals: Setting, Achieving, and Reevaluating



6. Moving Forward: The Right Goals for You

