

Quarter One Reflection

Values

- WHEN DID I FEEL MOST PASSIONATE LAST QUARTER? WHY THEN?
- WHEN DID I FEEL BORED OR RESENTFUL? WHY?
- WHAT EXPERIENCES MEANT THE MOST TO ME? WHY THOSE?
- WHICH OF MY VALUES IS THRIVING? WHICH IS LACKING? WHY?

Projects

- IDENTIFY A PROJECT, THEN ASK YOURSELF...
- WHERE WAS I WITH THIS PROJECT THREE MONTHS AGO?
- WHERE WOULD I LIKE TO BE WITH THIS PROJECT THREE MONTHS FROM NOW?
- WHAT ASPECT OF THIS PROJECT WAS MOST DIFFICULT THIS QUARTER? WHY?
- WHAT ARE PRACTICAL WAYS I CAN MAKE THIS PROJECT LESS DIFFICULT IN THE NEXT 3 MONTHS?

Emotions

- WHAT WERE TIMES WHEN I HAD A LOT OF FUN?
- WHEN WAS I SAD? HOW DID I COPE?
- WHEN WAS I PROUD OF MYSELF? WHY?
- WHAT EMOTIONS WOULD I LIKE TO EXPERIENCE MORE OF IN THE NEXT 3 MONTHS?
- WHAT ARE PRACTICAL WAYS I CAN SET MYSELF UP TO EXPERIENCE THOSE EMOTIONS?

Resources

- WHAT MADE ME FEEL ENERGIZED AND EXCITED?
- WHEN DID I FEEL THE MOST TIRED? WHY?
- WHEN DID I FEEL "IN THE ZONE" OR IN A STATE OF FLOW?
- IF I HAVE CHRONIC PAIN/ILLNESS, WHEN WAS IT WORSE OR BETTER? WHY?
- HOW CAN I USE MY RESOURCES WITH MORE INTENTION NEXT QUARTER?

