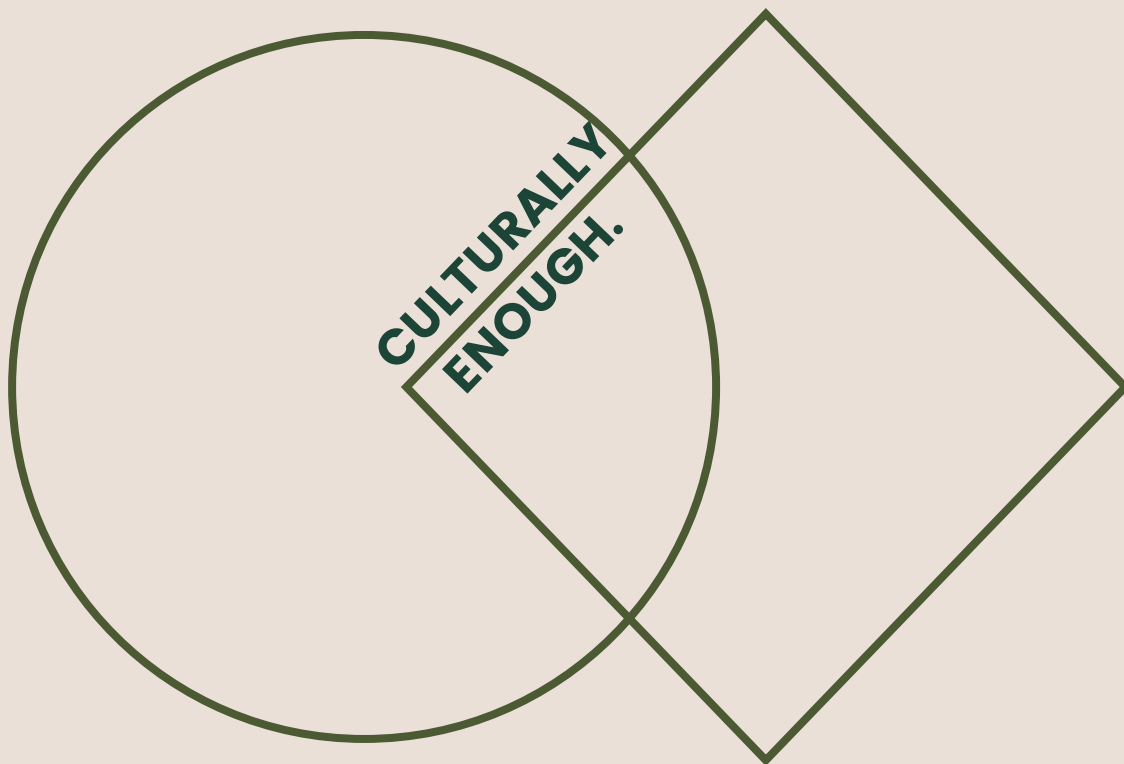


Reflections + Resolutions Workbook

This time of year can be challenging. We may feel like we haven't done enough. Or like we have to finish strong -- whatever that means. Remember that progress is not linear, nor should we hold ourselves to the confines of this idea that growth is solely an upward trajectory. Allow yourself to grow out. Grow in. Root. I hope these questions give you space to reflect and set intentions that are meaningful to you. – Sahaj Kaur Kohli

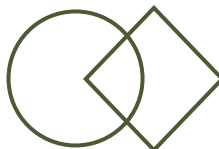


Reflecting on 2022

List 5 words to describe 2022

Write down 5 moments of gratitude or joy.

Write down 3 ways in which you've grown or changed
since January 2022

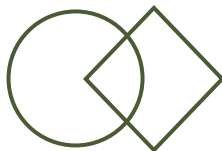


Reflecting on 2022

We never do everything exactly the way we want to, but reflecting on our own mistakes allows us to correct ourselves in the future.

So consider: If you could go back and do one thing differently this year, what would it be and why?

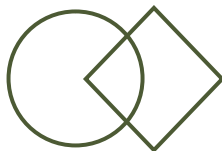
What did you learn from the experience you mention above?



Reflecting on 2022

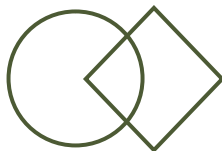
Building self-efficacy and confidence in our own agency requires us to tap into our resilience and strength. So consider: What was a particularly difficult moment and how did you get through it?

What are you proud of yourself for in 2022?



Reflecting on 2022

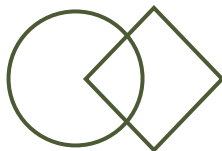
What experiences, if any, did you have in 2022 that made you connect with or question your culture? (Remember, this can be answered multiple times and be reflected upon with different cultural identities you may hold)



Reflecting on 2022

How did you take care of yourself in 2022 and what could you have done better?

How did you take care of others in 2022 and what could you have done better?



Rapid Fire Reflections

In 2022, something that surprised me was:

Adventures or new things I experienced in 2022 included:

When I think of my work life or career in 2022, I feel:

In 2022, my relationship with money was:



Rapid Fire Reflections

In 2022, I deepened my relationship with (and how):

In 2022, relationships that felt depleting included (and why):

My relationship with my cultural identity in 2022 was:

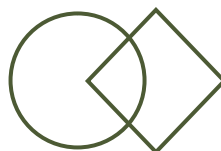
In 2022, I did my best and I want to remember....



Setting Intentions for 2023

Pick one theme/meaningful word for 2023

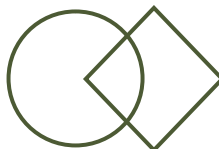
Now reflect on why this theme. What are you excited for? What does it mean for you to set this intention as we go into a new year? What does your life look like in living out this theme?



Setting Intentions for 2023

What are three overarching goals for the year?

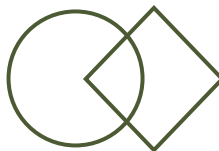
Now break them up into smaller actionable steps (i.e. Let's say you have a goal that has a completion date of July? What would need to get done in January? Or by March? This helps break down what you need to do so it doesn't feel as daunting and it allows for maximum success!)



Setting Intentions for 2023

What are 5 self-care actions you can take when you're feeling unmotivated, anxious or down this upcoming year?

How do you want to take better care of yourself this year?



Rapid Fire Intentions

In my daily life, I want to feel more:

In 2023, for my work/career, I want:

In 2023, I want to deepen my relationship with _ _ _ _ and I can do that by:



Rapid Fire Intentions

I want to connect with or root into my cultural identity in 2023 by:

One way I want to step out of my comfort zone in 2023 is by:

As I step into 2023, I want to remember:



Reflections + Resolutions Workbook

I hope you enjoyed this workbook. If you are looking for more access to resources, content, and community that does not exist anywhere else for bicultural and multicultural folks, consider subscribing to the paid version of the Culturally Enough. community on Substack. You will get weekly posts directly to your inbox, as well as group discussions, exclusive polls, a monthly conversation club on Zoom, and other resources.

In fact, this workbook is an example of worksheets and reflections that will be exclusive to paid subscribers starting in January.

For more information, For more, join the Culturally Enough. community at culturallyenough.substack.com, and if you feel like it, please tell your friends!

Rooting for you,
SKK

