

# 2022 Reflections



## Gratitude

What are you grateful for in your life?

A large, light blue circle is centered on the page. Inside the circle, there are ten horizontal blue lines, each preceded by a small blue dot on the left side, providing a space for writing answers to the gratitude question.

If you have the energy, rank these.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Then, reflect on what's important to you. If you want to explore this more, consider taking this [values quiz](#).

# Growth

How do you want to grow this year, emotionally, physically, spiritually, and intellectually?  
(Why should you [grow](#)?)

Emotionally

Spiritually

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Physically

Intellectually

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# Giving

It's in [giving](#) that we receive, whether it's time, talent or treasure. What do you want to give the universe, other people, yourself? Do you need to give someone the ability to help you?

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