



# L.J. ALLEN COACHING

YOUR CONFIDENCE COACH

## TEN YEAR END REFLECTIONS



Use this as a reflection sheet for journaling, coaching clients, or a workshop handout.

1. **Lesson Learned** - What is one lesson you learned this past year that you don't want to forget?
2. **What's Working Well** - What is working well in your life right now that you want to carry into the year ahead?
3. **Loosening Your Grip** - What are you holding onto too tightly? What would loosening your grip look like in practical terms?
4. **Fragile Areas** - What is something fragile in your life that needs intentional attention this year—marriage, friendship, finances, your health, or your calling?
5. **The Finished Dream** - If you could wave a magic wand and finish your dream this year, what would the “finished” version look like?
6. **The Next Step** - What is one next step that would move you closer to making that dream a reality?
7. **Hope Ahead** - What makes you hopeful as you enter the new year, and why?
8. **Naming Your Fear** - What is one fear that could hold you back if you don't name it and face it?
9. **God's Invitation** - Where do you sense God inviting you to grow, surrender, or trust Him more deeply in the coming year?
10. **People You Need** - Who are the people you need around you—mentors, friends, community, or accountability—to stay aligned, grounded, and encouraged this year?



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