



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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