

DEVELOPED BY

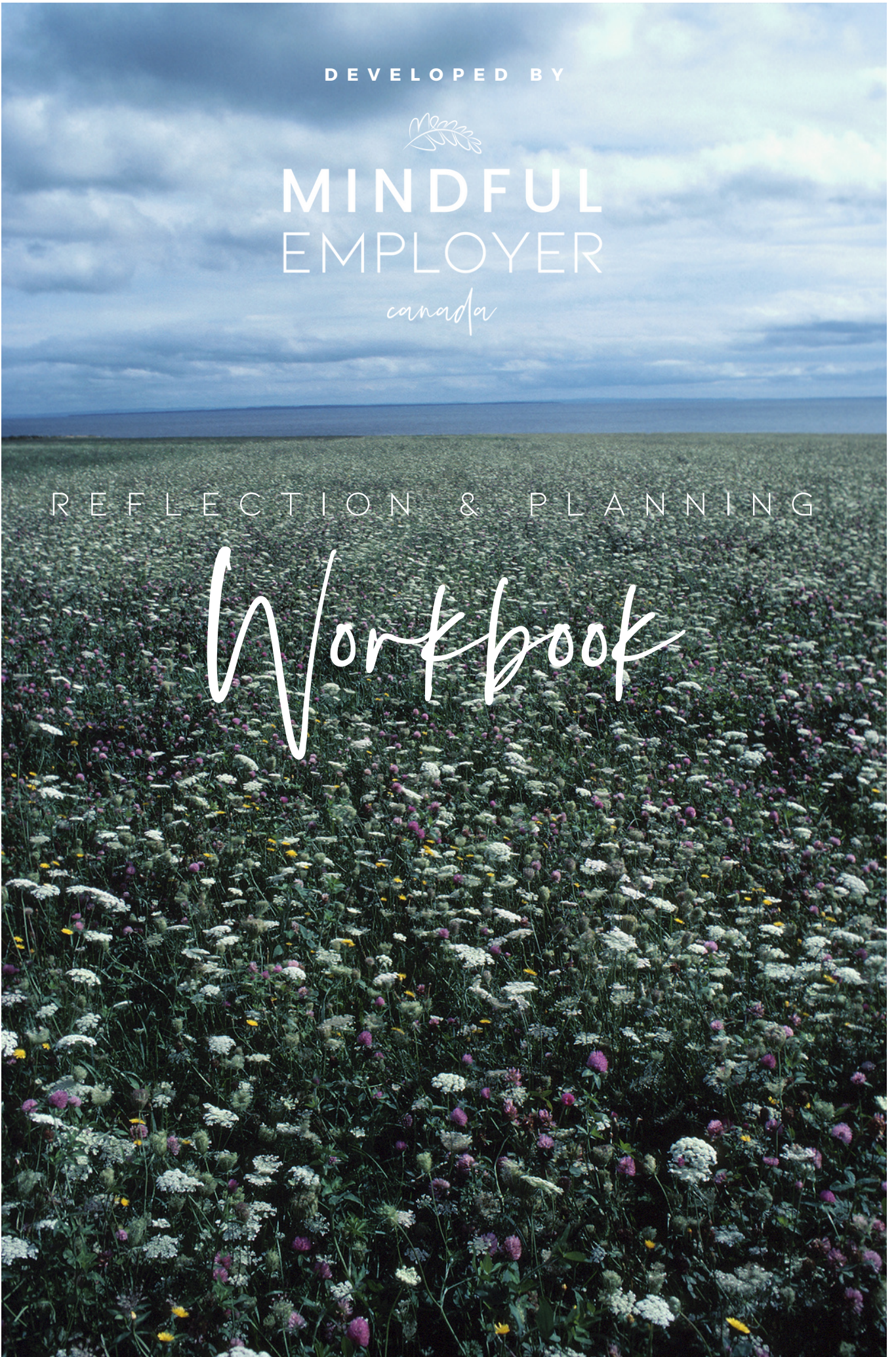


# MINDFUL EMPLOYER

*canada*

REFLECTION & PLANNING

# Workbook







Sarah Jenner

EXECUTIVE DIRECTOR



# WELCOME

## To Reflection & Planning

I'm looking at my calendar and wondering how 2023 disappeared so quickly. In just a few short weeks, it will be 2024. A new year. Will that one fly by too?

I heard someone once say that the days are long and the years are short. Maybe that's why I like to pause and reflect on the past year and set intentions for the next one before it gets away from me too quickly.

I hope that this Reflection and Planning Workbook helps you take time to pause and reminisce on what this past year has provided and the hopes you have for what the next year may bring.

Sending many warm wishes for a safe and joyful holiday season,

Sarah Jenner, Executive Director,

# 2023 Reflections

NAME 3 WORDS THAT BEST DESCRIBE YOUR 2023.

\_\_\_\_\_

WHAT WAS A DIFFICULT CHALLENGE YOU FACED IN 2023?

\_\_\_\_\_

HOW DID YOU OVERCOME IT?

\_\_\_\_\_



*Keep your face always toward the sunshine,  
and shadows will fall behind you.*

*~ Walt Whitman*

# 2023 Reflections

WHAT DID YOU LEARN FROM IT?

You don't always need a plan.  
Sometimes you just need to breathe,  
trust, let go, and see what happens.  
~ Mandy Hale



WHEN DID YOU FEEL MOST AUTHENTICALLY YOU IN 2023?

# 2023 Reflections



Some people look for a beautiful place,  
others make a place beautiful.

~Hazrat Inayat Khan

NAME 3 THINGS YOU ARE MOST GRATEFUL FOR OVER  
THE LAST YEAR.

WHAT IS SOMETHING YOU WANT TO LEAVE BEHIND IN  
2023?

# 2024 Planning

WHAT 3 WORDS WILL BEST DESCRIBE YOUR 2024?

---

---

---

*If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.*

*~ Roald Dahl*



WHAT ARE 5 THINGS YOU ADMIRE ABOUT YOURSELF?

# 2024 Planning



Let us make our future now, and let us  
make our dreams tomorrow's reality.

~ Malala Yousafzai

SET 3 INTENTIONS OR GOALS YOU'D LIKE TO WORK  
TOWARDS IN 2024.

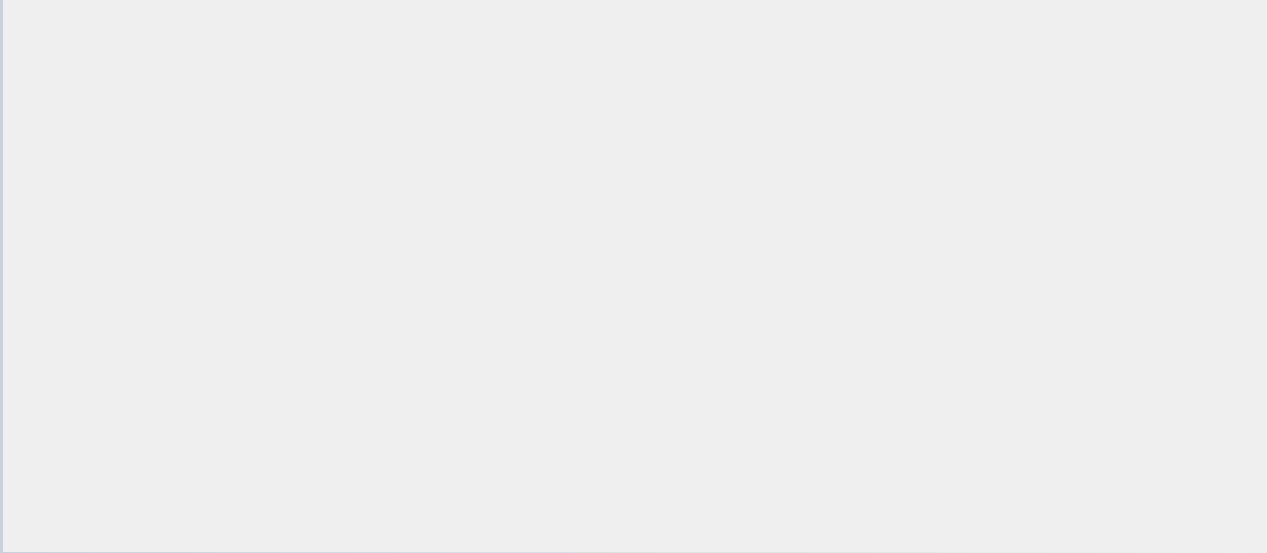
A large, empty rectangular box intended for writing 3 intentions or goals for 2024.

WHAT MIGHT HOLD YOU BACK FROM EXPERIENCING  
THEM?

A large, empty rectangular box intended for writing what might hold back from experiencing the goals.

# 2024 Planning

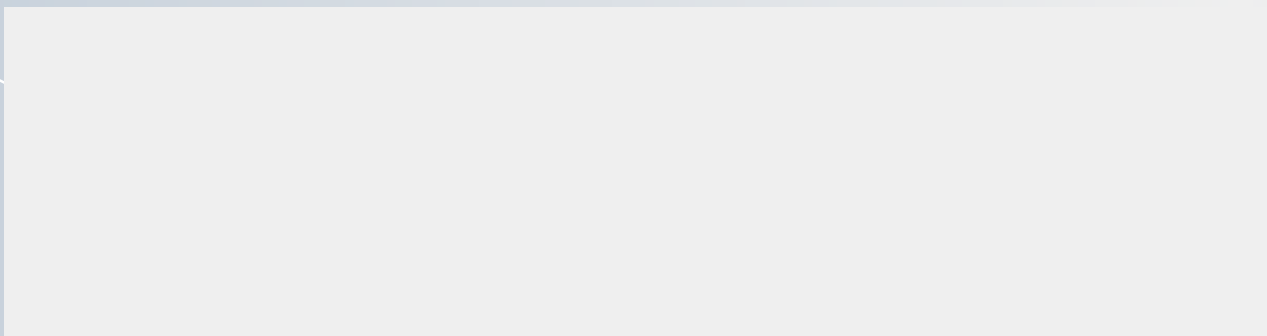
HOW WILL YOU OVERCOME THOSE CHALLENGES?



It isn't where you came from. It's  
where you're going that counts.  
~ Ella Fitzgerald



WRITE DOWN A QUOTE THAT CAN ACT AS  
INSPIRATION OVER THE NEXT YEAR.





# WHERE TO *Find Us*



WWW.FACEBOOK.COM

You can find us on Facebook by searching @MindfulEmployerCanada  
#MindfulEmployerCanada #MindfulLeader

WWW.INSTAGRAM.COM

You can find us on Instagram by searching @MindfulEmployerCanada  
#MindfulEmployerCanada #MindfulLeader

WWW.LINKEDIN.COM

You can find us LinkedIn by searching Mindful Employer Canada  
#MindfulEmployerCanada #MindfulLeader

SPECIAL THANKS TO:

