



HOW ARE YOU FEELING AS 2022 WRAPS UP?



YOUR 7-DAY DAILY REFLECTION GUIDE

**WITH LOVE,
FROM THE PEOPLE BEHIND
THE EXPONENTIAL INDIVIDUALS INITIATIVE.**



*"You matter. All of you:
your heart, mind, body &
soul. You are a masterpiece
in the making."*

- EXPONENTIAL INDIVIDUALS



CREATING A MEANINGFUL LIFE

It can be hard to decide exactly what we want in our lives. Our hopes and ambitions are often scattered, priorities change and new challenges pop up. Although we may stumble along the way, it's all a learning experience that ultimately helps us discover a little more about ourselves, the people closest to us and our relationships with others. As we begin to pay attention to the truth of who we are being, now, we can begin to choose better paths that will help us become who we were always meant to be.

The next 7 reflection sheets will help you see where you stand and what you would like to change in your life so it can feel more fulfilling. Gratitude grounds us in the present moment so remember: regardless of what we may want to change, there is always something we can learn from what may be unfolding in our lives right now.

Tips:

- Dedicate at least 10 minutes each day to complete the daily reflection sheet
- Create a soothing ambiance before you get started: when your mind is emptied you can recollect more. Play your favorite music or take a few minutes for breath work.
- Revisit and reflect on what you wrote in the coming days should more thoughts & feelings arise

DAY 1: WORK HIGHLIGHTS OF 2022

List your 2022 moments to remember in these 3 life areas:

WORK | LOVE | ENERGY

Work takes a big chunk of our days. When recollecting the year gone by, ask yourself questions like: Did I find any work I did in 2022 meaningful to me? Was there a purpose behind it and am I fulfilling it (e.g. financial needs, social work, pursuing a dream, etc.)? Did I make changes in my career choices for the better? Did I tackle a challenge and celebrate my growth? Have my relationships at work become stronger?

WORK

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

DAY 2: LOVE HIGHLIGHTS OF 2022

List your 2022 moments to remember in these 3 life areas:

WORK | LOVE | ENERGY

Love is who we are but we often forget this truth because of the challenges that life puts on our path that can leave us feeling depleted. Love is what everyone wants to feel. It's what we seek out from others and what we want to feel about the life we create. When you reflect on love, ask yourself questions like: When did I show myself self-love & kindness? When did I show love to someone special that made a beautiful memory? Did I begin doing things that fill my heart with joy more often? Did I make meaningful progress with strengthening my relationships with my partner, child, co-worker or friend? Was there any social or impact-for-good work I did that I loved?

LOVE

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

DAY 3: ENERGY HIGHLIGHTS OF 2022

List your 2022 moments to remember in these 3 life areas:

WORK | LOVE | ENERGY

If we aren't conscious about our energy levels or have a deep awareness of what we need to do to replenish our vitality, we can very easily burnout or worse, suffer from chronic emotional or physical pain due to neglect. Energy work refers to how we take care of our body, mind and spirit. Questions we may ask ourselves can be: Have I begun or maintained feeding my body nutritious foods and staying hydrated? Have I incorporated any new spiritual practices that made a difference to my views on life? Did I do any healing work that helped me realign to my spirit? Am I getting enough movement in my days? Did something(s) significant I experienced in 2022 boost my energy to continue past any hurdles I had to face during the rest of the year?

ENERGY

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

DAY 4: RATE YOURSELF & ASK YOURSELF: "WHY DO I FEEL THIS WAY?"

WORK | LOVE | ENERGY

WORK



1 star is the lowest. 5 stars means you are fulfilled in this area of your life.

Why? ex. I feel angry about the fact that I'm not doing what I love but at times I have deep gratitude for the people I work with.

LOVE



1 star being the lowest. 5 stars means you are fulfilled in this area of your life.

Why? ex: I sometimes make time to paint and it makes me happy. I want to do it more. More importantly, I want a family but feel like I have no time start one.

ENERGY



1 star being the lowest. 5 stars means you are fulfilled in this area of your life.

Why? ex: It's been hard to maintain my energy levels. My daily routine has been messy!

DAY 5: RANK EACH LIFE AREA FROM 1 TO 3

(1 being your #1 priority in 2023)

ASK YOURSELF:

"WHAT'S THE REALITY OF MY SITUATION?"

WORK

Priority

#

ex: I've found it really difficult to find a co-founder to build out my business with. So sadly it's been put on the back burner. I tried x, y and z and find myself struggling to dedicate enough time to this idea because of my C-suit role. I'm not sure what to do.

LOVE

Priority

#

ex: My marriage feels like its hit a dead end. I need help to revive it. Stacey is always traveling for business so it's hard for us to make time for each other.

ENERGY

Priority

#

ex: I wake up by 7am and have to jump online by 8am which leaves me no time to meditate or work out when I like to in the mornings.

DAY 6: ASK YOURSELF: "WHAT HAS IT TAUGHT ME?"

&

"WHAT CAN I BE GRATEFUL FOR?"

WORK

Priority

#

ex: It's taught me what I don't want to have in my life and that I can be excited at work again if I pursue something I love. I'm grateful that I have this dream that inspires me and that currently I am working with some pretty cool people that make my current job feel like a good way to maintain my income for now.

LOVE

Priority

#

ex: I've learned that relationships require commitment from both sides to thrive. I'm grateful for the years we've spent together and the honesty my wife and I have shared over the past year.

ENERGY

Priority

#

ex: I've learned that in order not to burn out I'm going to have to find a way to add 'me-time' to my weekly routine. I'm grateful for my personal nutritionist who makes sure I eat healthy.

DAY 7: VISUALIZE WHAT YOU WANT

ASK YOURSELF:

"WHAT DO I SEE & FEEL?"

Close your eyes. Take a few deep breathes. Now imagine what you see and feel in each area. Then write your statements below as though they have already manifested in your current reality. This will help you feel into what your heart truly wants.

WORK

0 *ex: I have an amazing trustworthy business partner/friend*

1

2

3

LOVE

0 *ex: My marriage is fulfilling and enjoyable*

1

2

3

ENERGY

0 *ex: I make time to meditate and move everyday. It feels great!*

1

2

3