

## INNER WORK: TURNING THE WHEEL

### 2022 COMPLETIONS AND 2023 NEW BEGINNINGS

*This is your opportunity to reflect on the past year, and set a clearer intention for the year ahead. Feel free to do some or all of it. Or develop your own important questions!*

- *Gather up and look through your calendars, planners, the year of photos, journals, etc.*
- *Make notes on the back page to review what happened this year.*
- *Take your time. And most of all enjoy the process!*

1. What were the beneficial decisions you made in 2022?
  
2. What decision(s) have you made for 2023 that you are really determined about?
  
3. What is one dumb thing you did in 2022 and are willing to forgive yourself for?
  
4. What word sums up your 2022 experience?
  
5. What were your successes of 2022?
  
6. What do you imagine or expect your successes of 2023 to be?
  
7. Name three disappointments you had during 2022.
  - 1.
  - 2.
  - 3.
  
8. List ten of your 2022 pleasures. Circle the ones you'd like to repeat in 2023!

1)	6)
2)	7)
3)	8)
4)	9)
5)	10)
  
9. What adventure(s) did you have in 2022?

10. What wise advice did you receive in 2022?
  
11. What advice would you give to yourself for 2023?
  
12. Name three people who had significant impact on you and your life in 2022?  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
  
13. How / have you expressed gratitude to the people who helped and supported you in 2022?
  
14. If you could go back and do one thing differently in 2022, what would it be?
  
15. What was a talent you demonstrated in 2022?
  
16. What is one as of yet undeveloped talent you have and are most willing to explore in 2023?
  
17. Name something you are looking forward to in early 2023?
  
18. What did you learn last year that will lead to change this year?
  
19. Name the three areas of your life you feel moved forward in 2022?  
1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_
  
20. Name an activity you are willing to dedicate more time to in 2023?
  
21. What was something that turned out better than you expected in 2022?
  
22. How were you generous in 2022?
  
23. How did you prioritize self-care in 2022?

24. How will you prioritize self-care in 2023?
25. Name something you bought in 2022 that you appreciate?
26. What were you able to let go in 2022?
27. What are you willing to let go in 2023?
28. What relationship(s) was / were most supportive / nourishing in 2022?
29. What do you expect will be the sources of satisfaction in 2023?
30. What were great ideas you had in 2022?
31. What are you happy about having completed in 2022?
32. What would you like to complete in 2023?
33. What are you committed to for 2023?
34. What was the financial surprise of 2022?
35. What are you now planning that you think will affect you financially in 2023?
36. Who didn't you connect with in 2022 that you'd like to see in 2023?

37. Who were three people in your life you enjoyed getting to know in 2022?
- 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_
38. What were memorable compliments you received in 2022?
39. What compliment(s) would you pay yourself about your 2022 performance?
40. What compliment would you most like to receive in and from whom in 2023?
41. How could you be more open/honest/vulnerable in 2023?
42. Who have you met in 2022 you would like to get to know better?
43. What is a risk you took in 2022?
44. What is a risk you are now willing to take in 2023?
45. What about 2022 surprised you in comparison to what you expected?
46. What was the funniest thing that happened to you in 2022?
47. What was the saddest thing that happened to you in 2022?
48. What new thing did you do in 2022 that you would like to repeat in 2023?
49. What new thing do you think you will do in that you have never done before in 2023?
50. What are willing to eliminate from your life in 2023?

51. If you could choose one day in 2022 to duplicate in 2023, which day would it be?
  
52. What is the biggest change in you that someone who hasn't seen you in the past year would notice?
  
53. What do you expect will be the biggest change you will undergo in 2023?
  
54. Name three entertainment pleasures in 2022? – movies, T.V., podcasts, live performances, etc...
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
  
55. What was a memorable meal in 2022?
  
56. What was a loving experience you had in 2022?
  
57. What workshops, music, websites, apps, or books impacted you in 2022?
  
58. What new workshops, websites, apps, or books are you planning for yourself in 2023?
  
59. Name something new or exciting you are willing to do early in 2023?
  
60. What was fulfilling about your work in 2022?
  
61. What about your work are you looking forward to in 2023?
  
62. What about your work are you committed to changing in 2023?
  
63. What is a place you enjoyed spending time in 2022?

64. What new place(s) would you like to visit in 2023?
  
65. What new habit(s) would you like to develop in 2023?
  
66. How did your time in 2022 align with your core values?
  
67. What one word would you like to have as your theme in 2023?  
Make a drawing or poem that illuminates the meaning of this word for you.