

TheKateOutdoors

Life coaching in the fresh air.

2022 Reflections

What have I enjoyed this past year?

What have I achieved this year? Big and small.

What am I most proud of?

What one experience challenged me?

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2022 Reflections

What made it a challenge?

What was positive from that experience? at least 2 things

What did I learn about myself - at least 3 positive things?

What one thing could I have done differently?

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2022 Reflections

What do I want more of in 2023?

What will that give me?

What if I don't?

What one thing am I committing to, in 2023?

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