

# MOVING FORWARD

## QUESTIONS FOR SELF-REFLECTION

WHERE DO YOU FEEL YOU  
HAVE BEEN SLACKING?

WHAT DO YOU WANT TO  
HAVE ACHIEVED IN 1  
YEARS TIME ?

NAME 3 THINGS YOU ARE  
GRATEFUL FOR IN  
YOURSELF?

WHAT CAN YOU DO  
TODAY TO GET CLOSER  
TO YOUR GOALS ?

NAME 1 THING YOU WANT  
TO GIVE UP TO HAVE A  
HAPPIER MORE  
SUCCESSFUL LIFE?

NAME 1 THING YOU WILL  
TAKE UP/START TO BE  
MORE PRODUCTIVE?

WHERE DO YOU WANT TO  
BE AT THE END OF  
AUGUST?

DESCRIBE YOUR PERFECT  
FUTURE, WHAT HAVE YOU  
ACHIEVED, WHO ARE YOU  
WITH , WHERE ARE YOU?