

Enjoy the journey, and celebrate the destination!

DEFINING YOUR OWN SUCCESS - WHAT DOES SUCCESS MEAN TO YOU PERSONALLY?

DEFINING YOUR OWN SUCCESS - WHAT ARE THE CORE VALUES THAT DRIVE YOUR DEFINITION OF SUCCESS?

DEFINING YOUR OWN SUCCESS - HOW DO YOU MEASURE SUCCESS IN YOUR LIFE—BY ACHIEVEMENTS, HAPPINESS, FULFILLMENT, OR SOMETHING ELSE?

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." — Albert Schweitzer

DEFINING YOUR OWN SUCCESS - REFLECT ON A TIME WHEN YOU FELT TRULY SUCCESSFUL. WHAT FACTORS CONTRIBUTED TO THAT FEELING?

NOT COMPARING YOURSELF TO OTHERS - WHAT ARE SOME AREAS WHERE YOU TEND TO COMPARE YOURSELF TO OTHERS?

NOT COMPARING YOURSELF TO OTHERS - HOW DO THESE COMPARISONS MAKE YOU FEEL, AND HOW DO THEY AFFECT YOUR SELF-ESTEEM?

"Success is liking yourself, liking what you do, and liking how you do it." — Maya Angelou

NOT COMPARING YOURSELF TO OTHERS - HOW CAN YOU FOCUS MORE ON YOUR JOURNEY RATHER THAN ON OTHERS' ACHIEVEMENTS?

NOT COMPARING YOURSELF TO OTHERS - WHAT UNIQUE STRENGTHS OR QUALITIES DO YOU POSSESS THAT SET YOU APART FROM OTHERS?

SETTING AND EVALUATING GOALS - WHAT ARE YOUR SHORT-TERM AND LONG-TERM GOALS? HOW DO THEY ALIGN WITH YOUR DEFINITION OF SUCCESS?

"Live as if you were to die tomorrow. Learn as if you were to live forever." — Mahatma Gandhi

- **SETTING AND EVALUATING GOALS - HOW OFTEN DO YOU EVALUATE YOUR PROGRESS TOWARD THESE GOALS?**

SETTING AND EVALUATING GOALS - WHAT ADJUSTMENTS DO YOU NEED TO MAKE TO STAY ON TRACK WITH YOUR GOALS?

LEARNING NEW SKILLS - WHAT NEW SKILLS OR KNOWLEDGE WOULD YOU LIKE TO ACQUIRE?

"Our greatest glory is not in never falling, but in rising every time we fall." — Confucius

LEARNING NEW SKILLS - HOW DO YOU PLAN TO INCORPORATE LEARNING INTO YOUR DAILY OR WEEKLY ROUTINE?

LEARNING NEW SKILLS - REFLECT ON A TIME WHEN LEARNING A NEW SKILL POSITIVELY IMPACTED YOUR LIFE. WHAT DID YOU GAIN FROM IT?

LOOKING AFTER YOUR HEALTH - WHAT AREAS OF YOUR HEALTH NEED MORE ATTENTION? (E.G., SLEEP, DIET, EXERCISE, STRESS MANAGEMENT)

"I have not failed. I've just found 10,000 ways that won't work." — Thomas Edison

LOOKING AFTER YOUR HEALTH - HOW DOES YOUR CURRENT LIFESTYLE IMPACT YOUR ENERGY LEVELS AND PRODUCTIVITY?

LOOKING AFTER YOUR HEALTH - WHAT CHANGES CAN YOU MAKE TO PRIORITIZE YOUR HEALTH?

BUILDING RESILIENCE AND RECOVERING FROM FAILURES - REFLECT ON A RECENT FAILURE OR SETBACK. HOW DID YOU RESPOND TO IT?

"Gratitude turns what we have into enough." — Aesop

BUILDING RESILIENCE AND RECOVERING FROM FAILURES - WHAT LESSONS DID YOU LEARN FROM THAT EXPERIENCE?

BUILDING RESILIENCE AND RECOVERING FROM FAILURES - HOW DO YOU TYPICALLY COPE WITH CHALLENGES AND ADVERSITY?

BUILDING RESILIENCE AND RECOVERING FROM FAILURES - WHAT PRACTICES CAN YOU ADOPT TO BUILD RESILIENCE IN THE FACE OF FUTURE SETBACKS?

"Knowing yourself is the beginning of all wisdom." — Aristotle

TAKING ACCOUNTABILITY - DO YOU REGULARLY TAKE RESPONSIBILITY FOR YOUR ACTIONS AND DECISIONS?

TAKING ACCOUNTABILITY - HOW DOES TAKING ACCOUNTABILITY IMPACT YOUR SENSE OF CONTROL OVER YOUR LIFE?

TAKING ACCOUNTABILITY - REFLECT ON A SITUATION WHERE YOU TOOK OWNERSHIP OF A MISTAKE. HOW DID IT HELP YOU GROW?

"Do one thing every day that scares you." — Eleanor Roosevelt

TAKING ACCOUNTABILITY - WHAT STEPS CAN YOU TAKE TO BE MORE ACCOUNTABLE IN YOUR PERSONAL AND PROFESSIONAL LIFE?

PRACTICING GRATITUDE

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"It is not joy that makes us grateful; it is gratitude that makes us joyful." — David Steindl-Rast

PRACTICING GRATITUDE - WHAT ARE YOU GRATEFUL FOR TODAY? WRITE DOWN THREE THINGS.

PRACTICING GRATITUDE - HOW DOES PRACTICING GRATITUDE IMPACT YOUR MOOD AND OUTLOOK ON LIFE?

PRACTICING GRATITUDE - HOW CAN YOU INCORPORATE A GRATITUDE PRACTICE INTO YOUR DAILY ROUTINE?

"Self-reflection is the school of wisdom." — Baltasar Gracián

REFLECT ON HOW EXPRESSING GRATITUDE HAS STRENGTHENED YOUR RELATIONSHIPS WITH OTHERS.

STOP AND REFLECT - WHAT SIGNS INDICATE THAT YOU NEED TO SLOW DOWN AND REASSESS YOUR DIRECTION?

STOP AND REFLECT - REFLECT ON A TIME WHEN TAKING A BREAK HELPED YOU GAIN CLARITY OR RENEWED ENERGY.

"No one has ever become poor by giving." — Anne Frank

STOP AND REFLECT - HOW CAN YOU CREATE MORE OPPORTUNITIES FOR REFLECTION IN YOUR BUSY SCHEDULE?

GIVING BACK - WHAT CAUSES OR COMMUNITIES ARE YOU PASSIONATE ABOUT SUPPORTING?

GIVING BACK - HOW CAN YOU CONTRIBUTE YOUR TIME, SKILLS, OR RESOURCES TO MAKE A POSITIVE IMPACT?

"The best way to find yourself is to lose yourself in the service of others." — Mahatma Gandhi

GIVING BACK - REFLECT ON A TIME WHEN YOU GAVE BACK TO OTHERS. HOW DID IT MAKE YOU FEEL?

GIVING BACK - WHAT SMALL ACTIONS CAN YOU TAKE TODAY TO HELP SOMEONE ELSE?

OVERCOMING FEAR - WHAT FEARS HOLD YOU BACK FROM PURSUING YOUR GOALS?

"Feel the fear and do it anyway." — Susan Jeffers

OVERCOMING FEAR - HOW DO YOU TYPICALLY RESPOND TO FEAR—DO YOU AVOID IT, CONFRONT IT, OR SOMETHING ELSE?

OVERCOMING FEAR - WHAT SMALL STEPS CAN YOU TAKE EACH DAY TO GRADUALLY OVERCOME YOUR FEARS?

OVERCOMING FEAR - REFLECT ON A TIME WHEN YOU FACED A FEAR HEAD-ON. WHAT WAS THE OUTCOME?

"Don't let yesterday take up too much of today." — Will Rogers

LETTING GO OF THE PAST - WHAT PAST EXPERIENCES OR REGRETS ARE YOU HOLDING ONTO?

LETTING GO OF THE PAST - HOW DO THESE PAST EVENTS AFFECT YOUR CURRENT MINDSET AND ACTIONS?

LETTING GO OF THE PAST - WHAT CAN YOU DO TO FORGIVE YOURSELF OR OTHERS AND MOVE FORWARD?

"You can't start the next chapter of your life if you keep re-reading the last one." —

Unknown

LETTING GO OF THE PAST - REFLECT ON HOW LETTING GO OF THE PAST HAS POSITIVELY IMPACTED YOUR LIFE.

SELF-JUDGMENT: HOW HARSHLY DO YOU JUDGE YOURSELF? WHAT CAN YOU DO TO BE MORE COMPASSIONATE AND UNDERSTANDING TOWARD YOURSELF?

SOCIAL MEDIA INFLUENCE: HOW DOES SOCIAL MEDIA IMPACT YOUR SELF-ESTEEM OR PRODUCTIVITY? WHAT BOUNDARIES CAN YOU SET TO PROTECT YOUR MENTAL WELL-BEING?
