



**EMPOWER** *True Life*  
coaching

# REFLECTIVE JOURNAL

2024





# Reflective Goals & Dreams 2024

TODAY'S DATE: \_\_\_\_\_

MY WORD OF THE YEAR:  
(see last page)

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## Exploring Your Journey:

1. If you could summarize the energy of the past year in just one word, what would that word be?

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2. What were the major victories that brought joy to your last year?

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3. Celebrate the small triumphs!

List down your minor achievements from the past year.

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4. Identify the challenges you encountered. For each challenge, note the valuable lessons, tools, or gifts it brought into your life.

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# Reflective Goals & Dreams 2024



## Looking Back:

5. What do you feel the need to let go of or leave behind from the previous year?

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6. Write down on paper the list of things to let go, meditate upon them for 5 minutes, and burn the paper.

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7. Recognize the individuals who played vital roles in your life.

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8. How did they contribute to your growth and learning?

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# Reflective Goals & Dreams 2024



## Looking Back:

9. Reflect on your physical well-being. Which health and fitness practices were beneficial, and which ones posed challenges?

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## Setting Goals:

10. With your health in mind, outline your wellness goals for the upcoming year.

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11. Consider your financial health. What practices worked well in the past year, and what will you continue for financial stability?

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12. Outline your financial goals for the coming year.

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*Reflective*  
*Goals & Dreams*  
**2024**

*Setting Goals:*

13. Define your career or vocational objectives for the upcoming year.

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14. Enlist your personal goals and intentions for the coming year.

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15. Based on these goals, articulate an overarching intention for the year.

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# Reflective Goals & Dreams 2024

## Manifesting and Setting Intentions:

16. Envision one small thing you want to manifest in the coming year.  
Write down the details in your journal.

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17. Aim for a significant achievement within the next 6-12 months.  
What's the big thing you're manifesting? Journal the specifics.

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18. Challenge yourself!  
List four ways you'll step out of your comfort zone this year.

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# Reflective Goals & Dreams 2024

## Manifesting and Setting Intentions:

19. Project yourself to the end of the coming year.

What's the one accomplishment or commitment you want to highlight?

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20. Brainstorm 10-20 words representing the energy you want to attract in the coming year.

Choose one word as your overarching theme or intention for the year.

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*Success in manifesting  
all these  
beautiful goals  
in*

2024

