



### Quickfire reflection

Answer these questions to reflect on the life you've lived and created.

What are three of your favourite memories?

Who are your favourite people to be around?  
Why?

What would you consider to be your top 5 life achievements (so far)?

What have you got through that was really tough?

What's your secret (or not so secret!) skill or superpower?  
What would the people who love you say you're really good at?

What's an area in your life that you're nailing at the moment?

Which area in your life do you feel needs a bit of extra love?

Who's someone you can thank tomorrow for supporting you recently?

Who or what activity inspires you? Why?

What are 10 things you're grateful for?

What observations did you experience through this reflection process? How are you feeling? Maybe you need more time to reflect? Or you could do with a bit more clarity before setting fresh goals? We recommend taking time to reflect – at least a few hours – finding a beautiful place to sit, invite a partner or friend to join you if you wish and work through [The Little Book of Verve](#) – our bonus reflection guide. Enjoy!