

There are so many benefits to reflective exercises. While it isn't always easy to look back, taking time to reflect can change the way you look at the world, and how and what you experience into the future. Reflection can help you to shift perspective, highlight lifelong lessons, provide clarity to guide future goals and direction – as well as take your self belief and confidence to a whole new level.



Appreciating where you've come from

A year is filled with a whole range of highs and lows. In some cases, that's a total understatement as we are rocked about by external circumstances or we take a step in a brand-new direction. Other times, it's more subtle as we make personal or inner changes that may be less obvious to the outside world. Often, it's a combination of both external and inner changes.

Take some time to appreciate the wonderful ways you've navigated through life over the past 12 months. Make a list of at least 10 things. This may include anything you are proud of, your happiest moments, as well as times you grew through a tough period.

Three game-changing reflection questions

You can use these same simple questions across many areas in your life, and at anytime throughout the year – whenever you feel like creating some fun shifts in your life. You can even make these questions into a game with yourself, or with a friend or partner.



Stop, start, continue!

Ask yourself, or discuss with a friend:

1. *What activity is draining your energy at the moment – what's something you want to stop doing?*
2. *What's missing in your life – what would you like to start doing?*
3. *What are you enjoying? What's giving you energy at the moment? What do you want to continue, or do more of?*

You can use these same questions around a specific area. For example, to reflect on the people in your life. Who drains you, who gives you energy?

1. Who are you spending time with at the moment who drains your energy? How can you talk to them about it, or support them to make some changes in their life? And sometimes we need to **stop** seeing them.
2. Who's missing in your life? Who would you like to **start** seeing more of?
3. Who are you loving spending time with and want to **continue** to see, or see more of?

Or to check out and change any money patterns in your life.

1. *What are you spending money on at the moment that you constantly regret? What do you want to stop spending money on?*
2. *What's missing in your life or what will be missing in the future? What would you like to start directing your money to?*
3. *What are you loving doing with your money at the moment and want to continue doing, or do more of?*

For more ways to reflect, build confidence and develop financial understanding, check out Verve Learn's Money & Mindset course. It's full of inspiring videos, practical activities, worksheets and e-books to support you to lead an inspired and conscious life – personally and financially.

Check it out [here!](#)