

DEVELOPED BY



MINDFUL  
EMPLOYER

*canada*

REFLECTION & PLANNING

# Workbook





Sarah Jenner

Executive Director



# Welcome to Reflection & Planning

As I glance at the calendar, I'm amazed at how quickly 2024 is drawing to a close. The days have felt long, but the year itself has flown by. It's hard to believe how much can happen in just twelve months, and I'm reminded again that time is a precious thing.

I've always believed that taking a moment to reflect on the past year—what we've learned, what we've achieved, and even what we've struggled with—can give us invaluable insights as we step into a new year. Setting intentions isn't just about planning for the future - it's about understanding where we've been and how we can continue to grow.

I hope this workbook offers you the space and encouragement to pause, reflect, and thoughtfully plan ahead. May it help you celebrate your accomplishments, learn from the challenges, and set meaningful goals for the year to come.

Sending many warm wishes for a safe and joyful holiday season,

Sarah Jenner, Executive Director,

# 2024 Reflections

Name 3 words that best describe your 2024.

---

---

---

What was a difficult challenge you faced in 2024?

---

---

---

---

---

---

---

---

---

---

How did you overcome it?

---

---

---

---

---

---

---

---

---

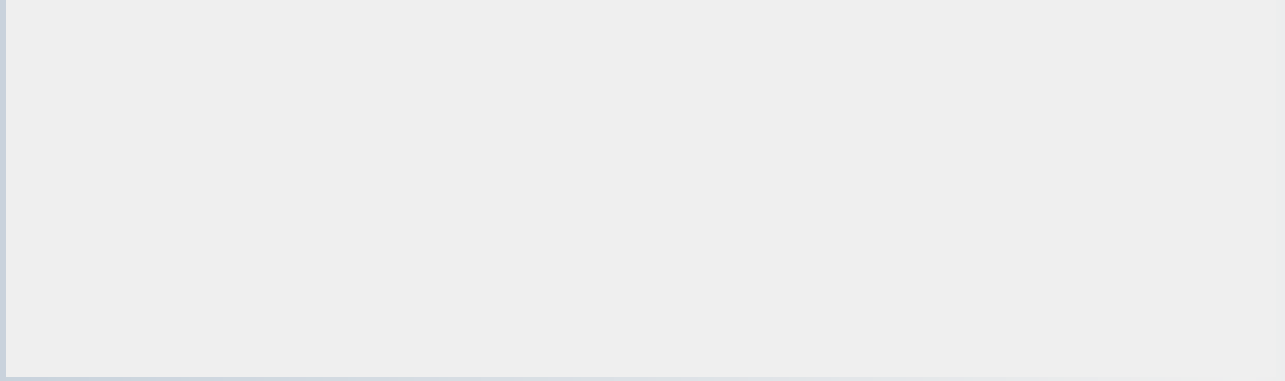
---



**"The phoenix must burn to emerge."  
– Janet Fitch**

# 2024 Reflections

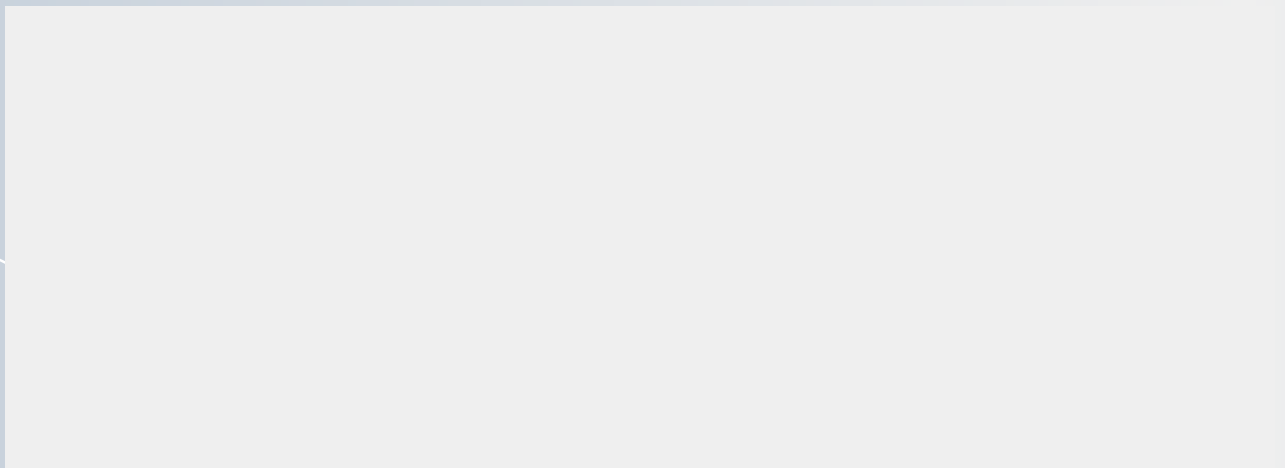
What did you learn from it?



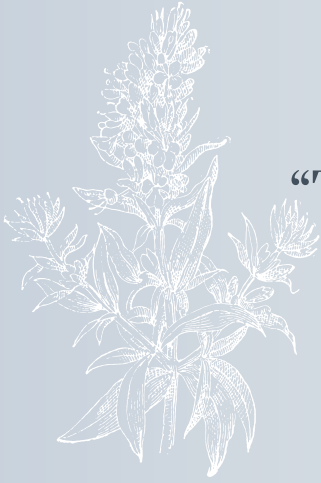
"You are allowed to be both a masterpiece and a work in progress simultaneously."  
– Sophia Bush



When did you feel most authentically you in 2024?



# 2024 Reflections



“The more grateful I am, the more beauty I see.” – Mary Davis

Name 3 things you are most grateful for over the last year.

What is something you want to leave behind in 2024?

# 2025 Planning

What 3 words will best describe your 2025?

---

---

---

If you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.

– Roald Dahl



What are 5 things you admire about yourself?

# 2025 Planning



Let us make our future now, and  
let us make our dreams  
tomorrow's reality.  
– Malala Yousafzai

Set 3 intentions or goals you'd like to work towards in 2025.

What might hold you back from Implementing them?

# 2024 Planning

How will you overcome those challenges?

It isn't where you came from. It's  
where you're going that counts.  
– Ella Fitzgerald



Write down a quote that can act as inspiration over the next year.



# WHERE TO *Find Us*



WWW.FACEBOOK.COM

You can find us on Facebook by searching @MindfulEmployerCanada  
#MindfulEmployerCanada #MindfulLeader

WWW.INSTAGRAM.COM

You can find us on Instagram by searching @MindfulEmployerCanada  
#MindfulEmployerCanada #MindfulLeader

WWW.LINKEDIN.COM

You can find us LinkedIn by searching Mindful Employer Canada  
#MindfulEmployerCanada #MindfulLeader

SPECIAL THANKS TO:



Stronger  
Communities  
Together™

