REFLECTIONS ON 2023

Reflect and answer these questions for each pillar:
- What I did well?
- What I didn’t do well?
- What would I do differently?

GOALS FOR 2024

Write your goal(s) for each Pillar of Wellness

BEHAVIORAL HEALTH/MENTAL HEALTH
- Reflections on 2023:
- Goal(s) for 2024:

FINANCIAL WELLNESS
- Reflections on 2023:
- Goal(s) for 2024:

PHYSICAL HEALTH
- Reflections on 2023:
- Goal(s) for 2024:

WORK-LIFE INTEGRATION
- Reflections on 2023:
- Goal(s) for 2024:

SOCIAL WELLNESS
- Reflections on 2023:
- Goal(s) for 2024: