

*Freestyle Careers*

**2021:  
the  
thankfulness  
edit**



# What to expect



This reflective guide invites you to review 2021 with gratitude.

Look back over the year asking yourself which people, events, experiences, places, realisations, achievements or learning make you feel incredibly thankful.

Use post-it notes to record at least one item for each month on the worksheet.

When you have taken time reviewing each month, pull out the most important elements you want to focus on in 2022.

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JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER

A year of gratitude: reflecting on the people, experiences, places, actions, and learning you're thankful for this year

# What's Next

## INTENTIONS FOR 2022

Using the discoveries you made from the gratitude exercise, choose up to 5 ideas you want to focus on in 2022.

For each one, write a message of intent for yourself.

- 1.
- 2.
- 3.
- 4.
- 5.



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Let me know what you discover  
from this gratitude review - and  
how you plan to transform 2022:

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