

KEYSTONE

FIND YOUR PATH

Reflection Guide

What is working well?

What do I want to change?

One word that describes how I am feeling right now.

Check In with:

Health & Wellbeing

Finances

Relationships

Emotional/spiritual

Community

Learning

Creativity/relaxation/hobbies

Career

What is 'the stretch' (the bucket list, something that scares you)?

My top priorities:

1.

2.

3.

What I will do next:

1.

2.

3.

I will get support from:

1.

2.

3.

I will check back by:
