

# THE UPSIDE TEACHING GUIDE

## EPISODE 44: Your End-of-Year Reset: 10 Powerful Questions for Reflection

### Clarity, Vision, and Momentum: Your End-of-Year Reset

**Instructions:** Write your first thoughts, then revisit each question over time. Clarity grows in the process.

- What are the three wins I'm most proud of this year, and what do they reveal about my strengths?
- Where did I experience my biggest challenge, and what did it teach me?
- What is something I started but didn't finish—and should I complete it or release it?
- If I could design my ideal life and business by December 2026, what would it look like?
- What word, theme, or value do I want to define my next year?
- Who do I need to become to achieve what I want in 2026?
- What is one bold move I could make in Q1 to set the tone for the year?
- What relationships do I need to invest in—and who can help me?
- What daily or weekly habit, if I built it now, would compound into my biggest wins next year?
- What can I stop doing that drains my energy, and what do I need to do more of that fuels me?