

# THE 6R'S CHECKLIST | REFLECTLIST



|   |          |  |                |
|---|----------|--|----------------|
| 1 | Reflect  | What <i>challenged me</i> in 2022?                     |                |
| 2 | Recover  | What is my ' <i>Doing Nothing</i> ' activity for 2023? |                |
| 3 | Reset    | When are my <i>boundaries</i> too elastic?             |                |
| 4 | Recharge | How will I <i>recharge</i> my self-battery in 2023?    |                |
| 5 | Rituals  | My 3 <i>rituals</i> for 2023 are:                      | 1.<br>2.<br>3. |
| 6 | Rewards  | My <i>reward</i> for me in 2023 is?                    |                |