

# THE 6R'S CHECKLIST | REFLECTLIST



1	Reflect	What challenged me in 2023?	
2	Recover	What is my ' <i>Doing Nothing</i> ' activity for 2024?	
3	Reset	When are my <i>boundaries</i> too elastic?	
4	Recharge	How will I <i>recharge</i> my self-battery in 2024?	
5	Rituals	My 3 rituals for 2024 are:	1.
			2.
			3.
6	Rewards	My <i>reward</i> for me in 2024 is?	