

UNTANGLED MIND, LLC

Year End Reflection





PAST

**TAKE TIME TO CONSIDER AND WRITE YOUR
THOUGHTS ABOUT THE PAST YEAR.**

1. WHAT ARE FIVE MAJOR ACCOMPLISHMENTS I
ACHIEVED THIS YEAR?



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②. WHAT ARE THE BIGGEST CHALLENGES I
OVERCAME?



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③. WHAT ARE AREAS WHERE I MADE SIGNIFICANT
IMPROVEMENT?



PAST

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THOUGHTS ABOUT THE PAST YEAR.**

4.

WHAT DID I LEARN ABOUT MYSELF?



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THOUGHTS ABOUT THE PAST YEAR.**

⑤ HOW DID I GROW AS A PERSON?



PRESENT

**TAKE STOCK OF WHERE YOU ARE
CURRENTLY.**

1. HOW WOULD I DESCRIBE MYSELF IN FIVE WORDS?



PRESENT

**TAKE STOCK OF WHERE YOU ARE
CURRENTLY.**

2. WHAT ARE THE MOST IMPORTANT VALUES AND PRIORITIES IN MY LIFE CURRENTLY?



PRESENT

**TAKE STOCK OF WHERE YOU ARE
CURRENTLY.**

3. WHAT IS SOMETHING THAT MAKES ME HAPPY
IN MY DAILY LIFE?



PRESENT

**TAKE STOCK OF WHERE YOU ARE
CURRENTLY.**

- ④. WHAT SKILLS OR TRAITS AM I CURRENTLY
MOST PROUD OF?



PRESENT

**TAKE STOCK OF WHERE YOU ARE
CURRENTLY.**

5. WHAT'S NOT WORKING, AND HOW DO I FEEL ABOUT IT?

NEW YEAR

The logo for Untangled Mind is a circular emblem with a teal background. It features a white line-art illustration of a plant with several leaves and a central stem. Below the plant, the words "UNTANGLED MIND" are written in a small, white, sans-serif font.

LOOKING FORWARD TO THE NEXT YEAR.

1. WHAT ARE MY PERSONAL GOALS FOR THE NEXT YEAR?

NEW YEAR



LOOKING FORWARD TO THE NEXT YEAR.

2. HOW CAN I OVERCOME POTENTIAL CHALLENGES?

NEW YEAR



LOOKING FORWARD TO THE NEXT YEAR.

3. WHAT SKILLS OR TRAITS DO I WANT TO DEVELOP OR IMPROVE?

NEW YEAR

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LOOKING FORWARD TO THE NEXT YEAR.

4. WHERE WOULD I LIKE TO SEE MYSELF IN ONE YEAR'S TIME?

NEW YEAR

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LOOKING FORWARD TO THE NEXT YEAR.

5. WHAT STEPS CAN I TAKE TODAY TO GET CLOSER TO THESE GOALS?



Thank You...

I'm sincerely grateful that you have chosen to download this different workbook and take an important stride towards self-empowerment. As a seasoned therapist and the brains behind Untangled Mind, it fills me with joy seeing you prioritize your self-growth and mental wellbeing, which undeniably is my favorite part of my profession.

As a passionate counselor, I have always found immense fulfillment in facilitating meaningful transformations for individuals grappling with life's myriad challenges. With extensive training in Cognitive Behavioral Therapy (CBT), Adlerian theory, and various innovative therapeutic techniques, I am committed to helping you break through the confusion of your mind and carve out the path to your ideal life.

To reap the maximum benefits from this workbook, I highly recommend you:

1. Set aside substantial, peaceful time to delve into it.
2. Share your discoveries and insights consistently with someone close.
3. Regularly reflect on the material and apply it as a guiding compass for your ongoing growth pathway.

Feeling inspired to take the exploratory journey a step further? Let's delve deeper together. Book a tailored one-to-one counseling session with me, and we can navigate through your unique issues and goals directly.

Visit my website dedicated to counseling services, to schedule your personalized session with me.

Thank you once again for making this important investment in yourself. Witnessing proactive steps like yours truly solidifies why I adore my work every single day. Here's to a transformative 2024 journey!

~Piper



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