



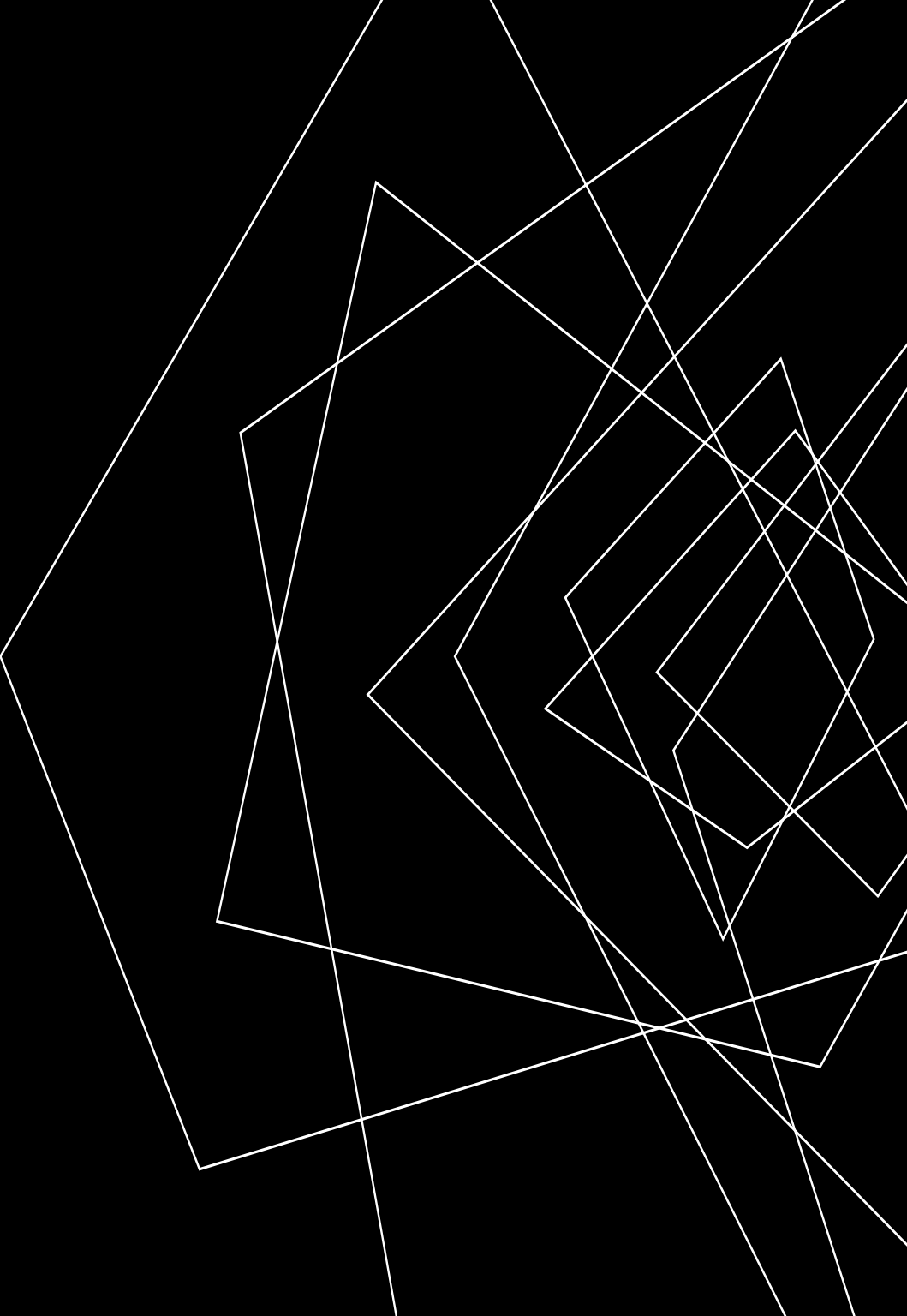
# ANNUAL REFLECTION JOURNAL



CELEBRATE THE PAST  
LIVE IN THE PRESENT  
ENGAGE WITH THE FUTURE

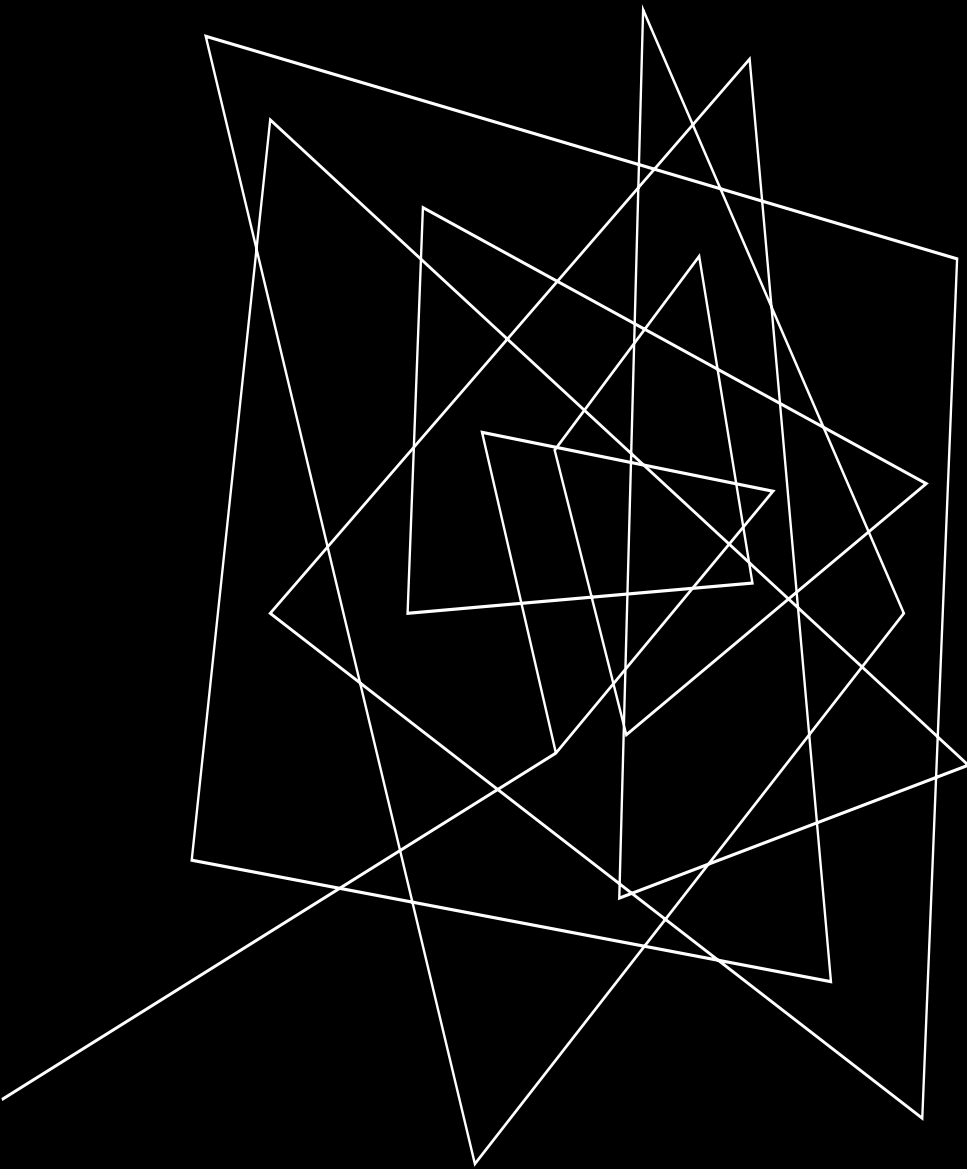


Annual Reflection Journal



# INTRODUCTION

At inspero, we empower people to collaboratively think through their lives and work . By reflecting on the past, maximizing the moment, and intentionally creating your future you can enhance your alignment, fulfilment, and success. This reflection journal will guide you and your team through a year to celebrate, learn, and grow for today and tomorrow.



# THE JOURNAL

Getting started

Get comfortable

Approach with a critical yet compassionate disposition

Think about Challenges and Successes

Revisit Core Value, Vision and Mission

Compare what happened to what you planned to happen.

Take Notes

Share

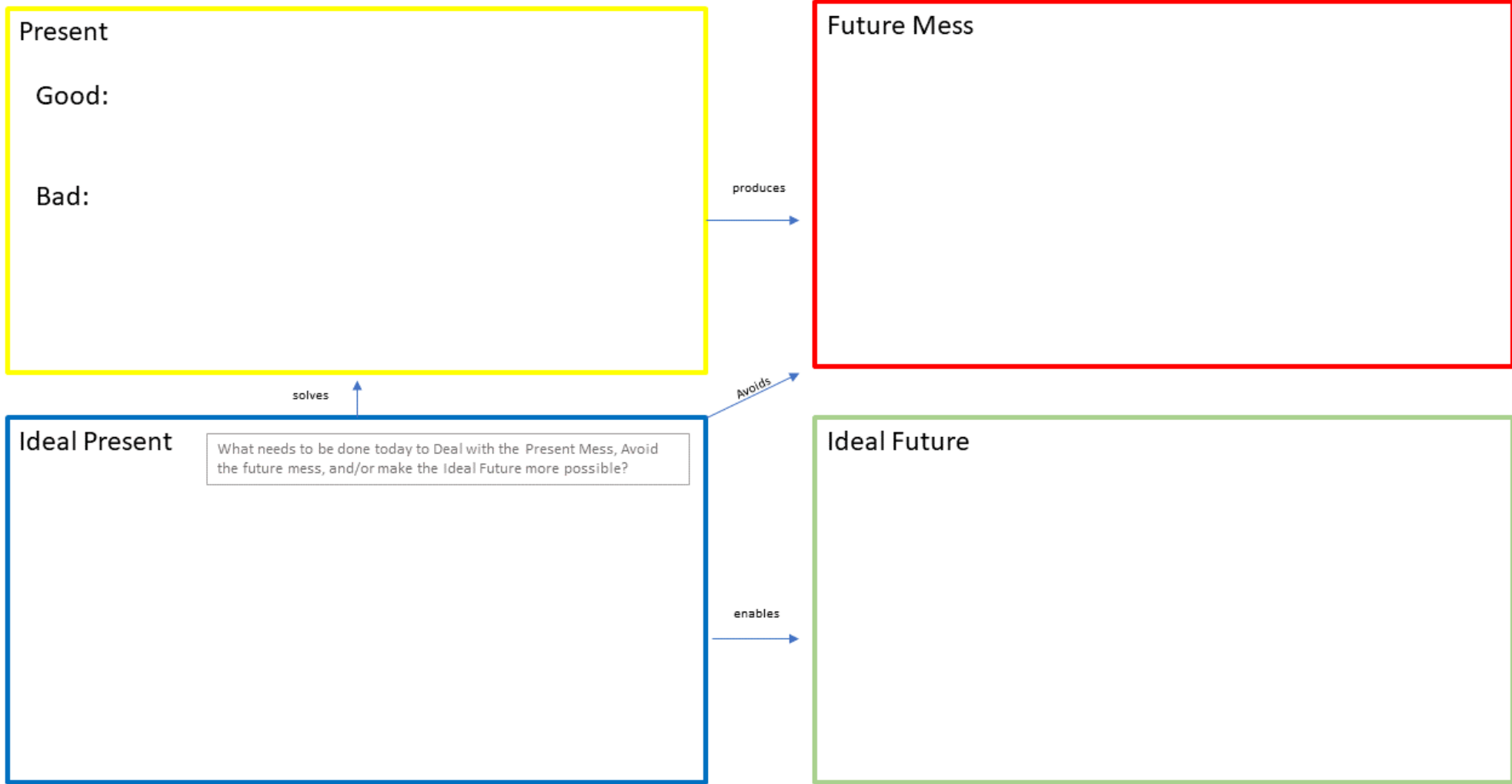
Commit

OODA

## CONTENTS AT-A-GLANCE

Monthly Review	Core Values	Vision/ Mission	Purpose & Passion	LAUNCH
Challenges Successes Gratitude	Re-State Rate Review Re-Commit	Review Update Goals Updates Other	Explore Enhance Engage	Intentions Goals Responsibilities

QUICKLY BRAINSTORM A COUPLE ITEMS FOR EACH SECTION OF THIS IDEAL PRESENT CANVAS. WE WILL REVISIT THIS AT THE END OF THE JOURNAL.



“I DO THE VERY BEST I CAN,  
I MEAN TO KEEP GOING.  
IF THE END BRINGS ME OUT ALL RIGHT,  
THEN WHAT IS SAID AGAINST ME WON'T MATTER.  
IF I'M WRONG,  
TEN ANGELS SWEARING I WAS RIGHT WON'T MAKE A DIFFERENCE.”

Abraham Lincoln



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# MONTHLY REVIEW

## Month 1

Highlights:

Challenges:

Gratitude:

## Month 2

Highlights:

Challenges:

Gratitude:

## Month 3

Highlights:

Challenges:

Gratitude:



# MONTHLY REVIEW

## Month 4

Highlights:

Challenges:

Gratitude:

## Month 5

Highlights:

Challenges:

Gratitude:

## Month 6

Highlights:

Challenges:

Gratitude:

# MONTHLY REVIEW

## Month 7

Highlights:

Challenges:

Gratitude:

## Month 8

Highlights:

Challenges:

Gratitude:

## Month 9

Highlights:

Challenges:

Gratitude:

# MONTHLY REVIEW

## Month 10

Highlights:

Challenges:

Gratitude:

## Month 11

Highlights:

Challenges:

Gratitude:

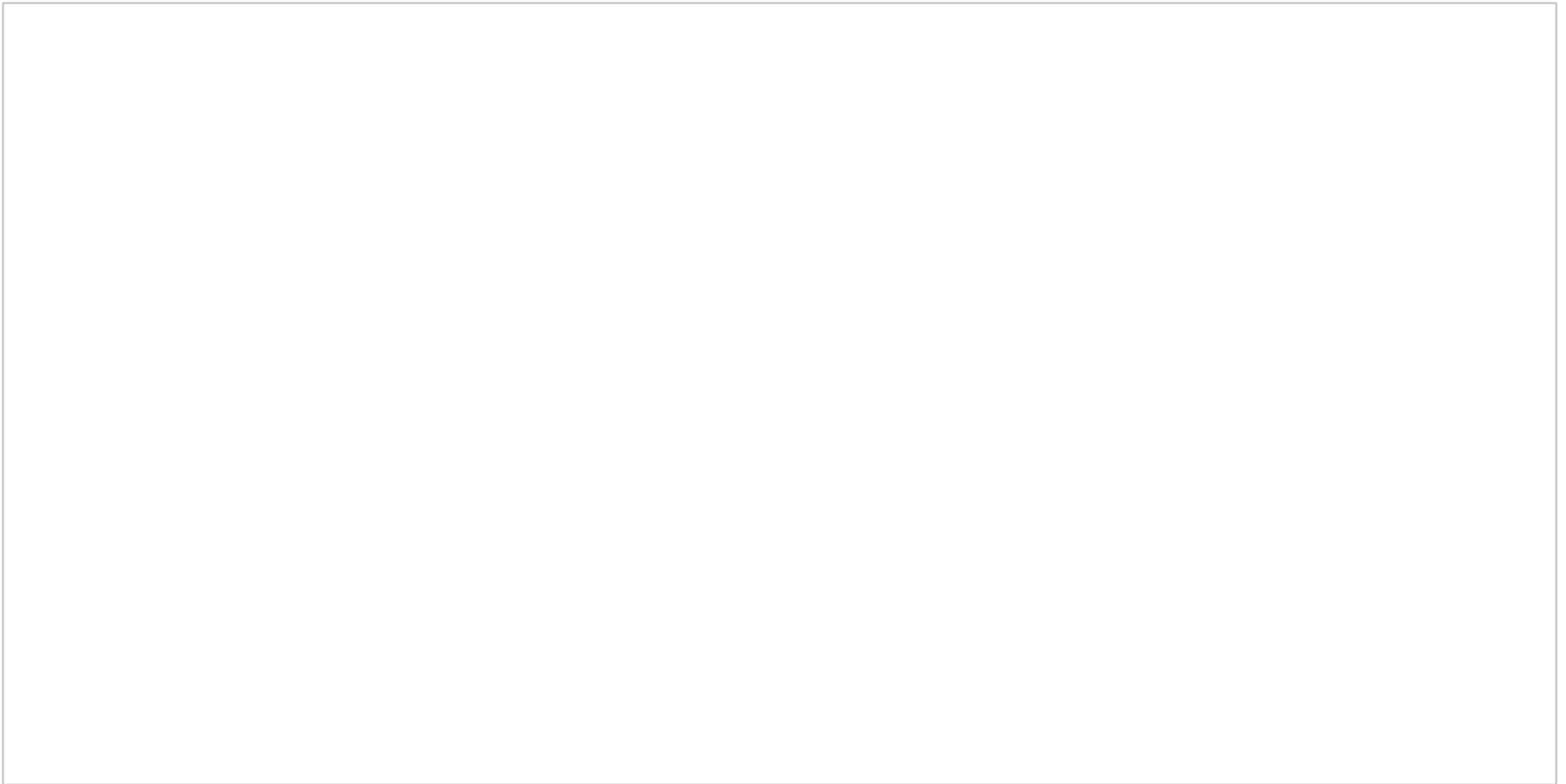
## Month 12

Highlights:

Challenges:

Gratitude:

**MAP YOUR YEAR  
DRAW A PICTURE OR TIMELINE REPRESENTING  
THE YEAR YOU JUST COMPLETED.**



# LIST YOUR CORE VALUES WITH DEFINITIONS

Core Value

definition

Core Value

definition

Core Value

definition

Core Value

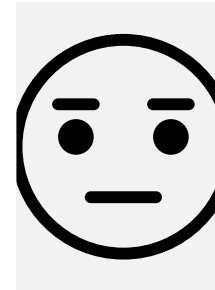
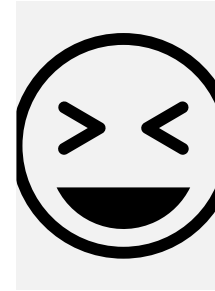
definition

Core Value

definition




# CORE VALUES RATING AND REVIEW



Write a core value in each box. Then draw a line from the core value to the emoji that represents how well you lived the core value this year.

# CORE VALUES

Review your core values. What changes, if any, need to be made? Re-state your Core Values and write about how you can use them *in action* in the coming year. What will incorporating the Core Values do for you and your team or family? How will you monitor? Use the box below to journal your thoughts and/or draw pictures.





**DECIDE WHAT IS WORTHWHILE AND  
FOLLOW THROUGH WITH IT.**

Maya Mendoza



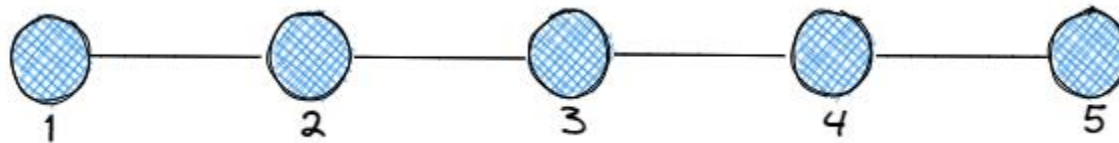
# VISION AND MISSION

Looking back at your year how would you describe your Vision?

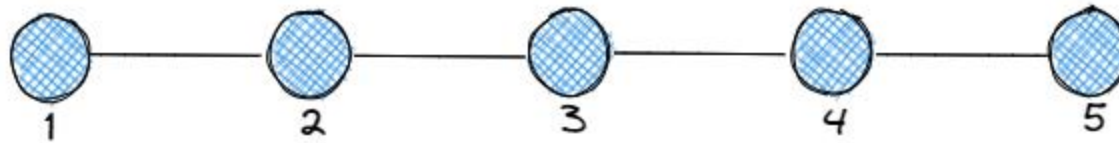
Without looking how would you summarize your (or your teams) Mission?

# VISION

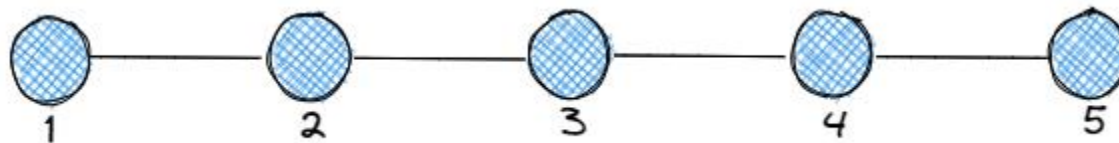
Overall, how successful were you in fulfilling your Vision over the past year?



Overall, how successful were you in fulfilling your Goals over the past year?

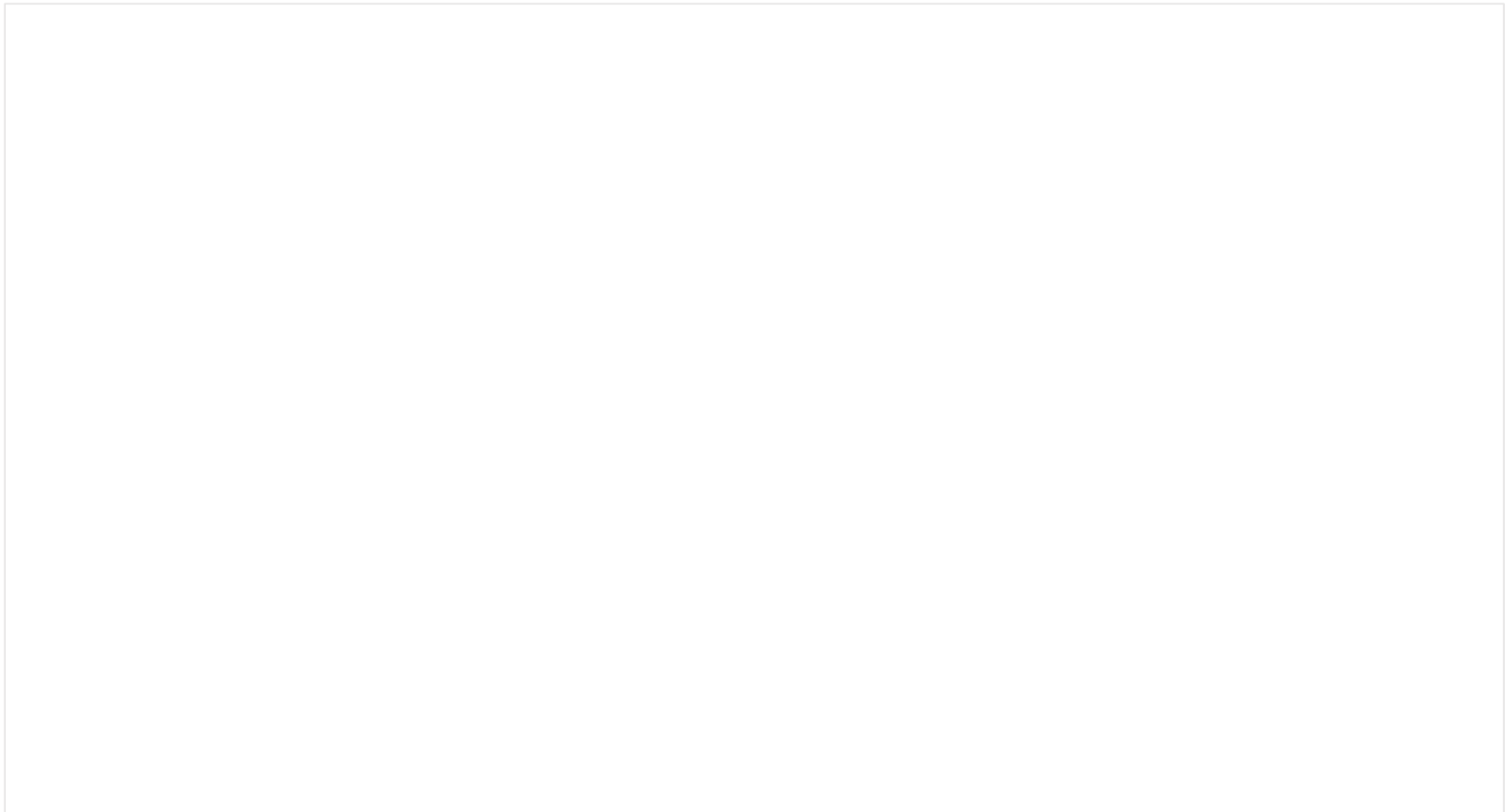


Overall, how successful were you in fulfilling your Objectives over the past year?



# VISION

Note any **updates** or **additions** to your Vision for the coming year:



# VISION

Write down any new GOALS for the coming year:

Write down any new OBJECTIVES for the coming year:

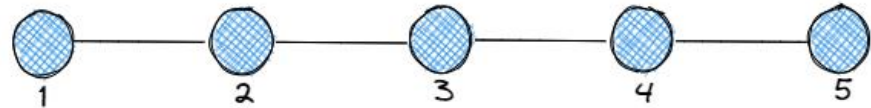


# MISSION

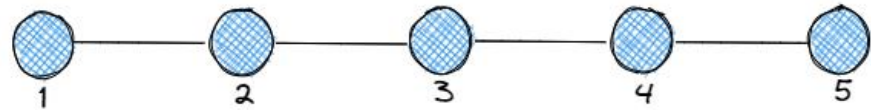
What is your current Mission?

Rate how well you have fulfilled each area of the Mission:

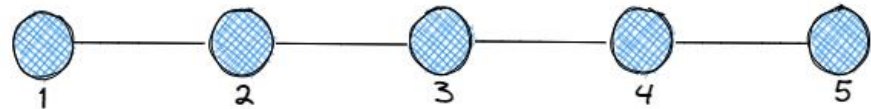
Why:



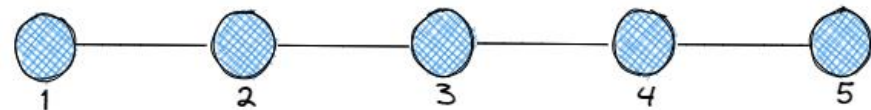
What:



Who:



How:



Reminder:

Your Mission provides the guidance for Why you exist, What you do and What you want to become, Who you do it for, and How you do it.



## MISSION

Reflecting on the past year:

Why did your business exist?

What did you do?

Who did your business serve?

How did you serve?



# MISSION

Use this space to update your Mission as needed:



HE WHO KNOWS WHEN HE CAN  
FIGHT AND WHEN HE CANNOT WILL  
BE VICTORIOUS

Sun Tzu



# PURPOSE AND PASSION

What is your purpose? Why do YOU exist?

What do you love doing?

# PURPOSE AND PASSION

Get Intentional! What is your intention for the year ahead?

How will you accomplish your intention?

# PURPOSE AND PASSION

What strengths (viacharacter.org) can you use to help accomplish your purpose and engage with your passion(s)?

What obstacles or conditions exist inhibiting you?

# WHEEL OF LIFE

The Wheel of Life is an exercise to evaluate up to 10 areas of your life. Select up to 10 items from the list below (or create your own categories). Place one item on each spoke on the Wheel on the next page. Then rate each area as you are currently living it. Use a different color to then rate how you would like to live it in your ideal future. Select one or two areas that you would like to work on improving. Using the previous areas of this journal, decide how you will go about making those improvements a reality. Finally, act on your decisions and create the life of your dreams.

Friends

Physical Health

Relationships

Contribution to Society

Personal Development

Attitude

Emotional Health

Career

Romance

Well-Being

Love

Spirituality

Family

Money

Fun

Physical Environment

Creativity

Lifestyle

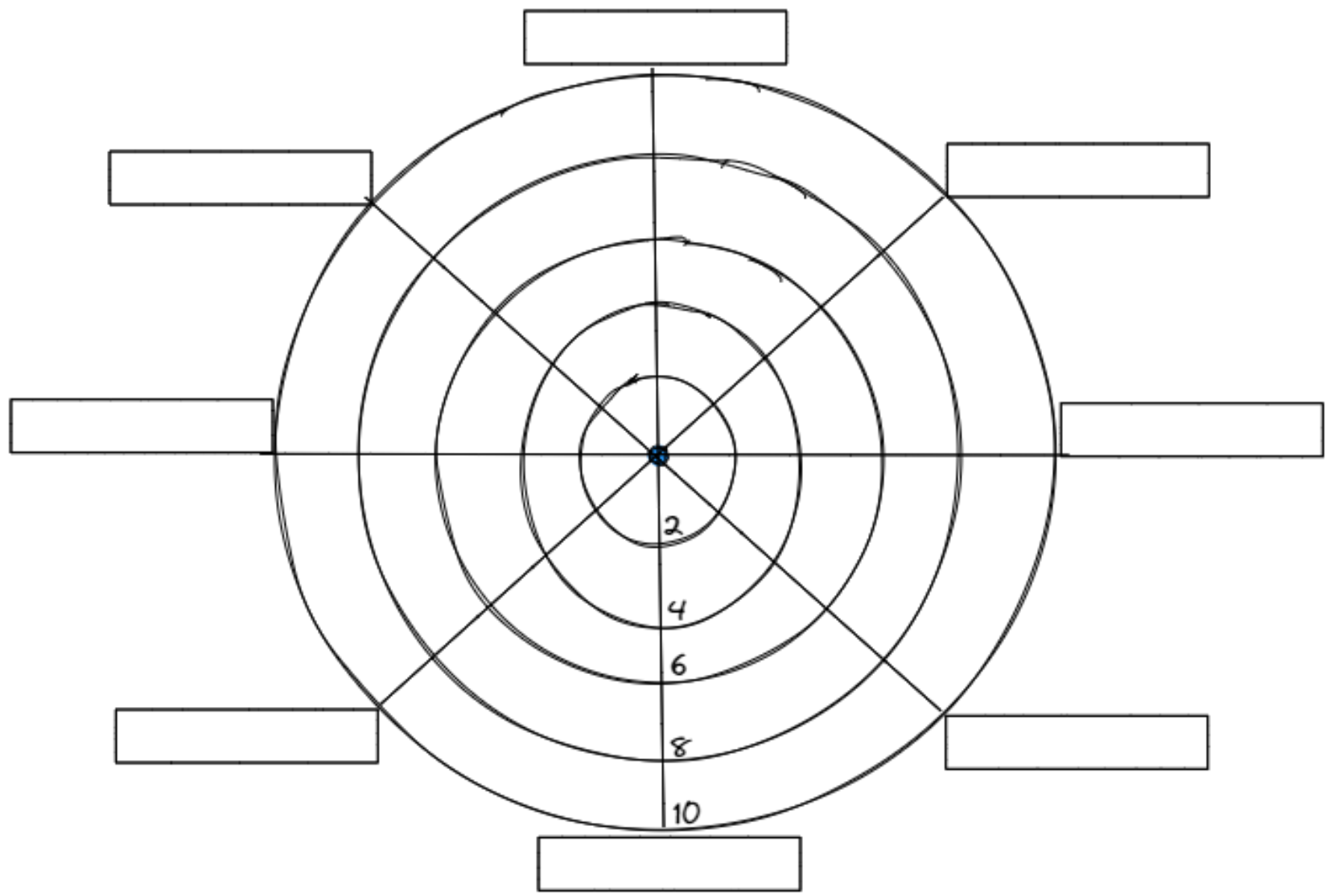
Business

Gratitude

# WHEEL OF LIFE

Color for Current? \_\_\_\_\_

Color for Goal? \_\_\_\_\_



# WHEEL OF LIFE

First area for change?

Currently this area scored a \_\_\_\_\_ and I would like it to be a \_\_\_\_\_.

I will do the following to improve this area:

Second area for change?

Currently this area scored a \_\_\_\_\_ and I would like it to be a \_\_\_\_\_.

I will do the following to improve this area:



HAPPINESS AND FREEDOM BEGIN WITH  
A CLEAR UNDERSTANDING OF ONE  
PRINCIPLE:

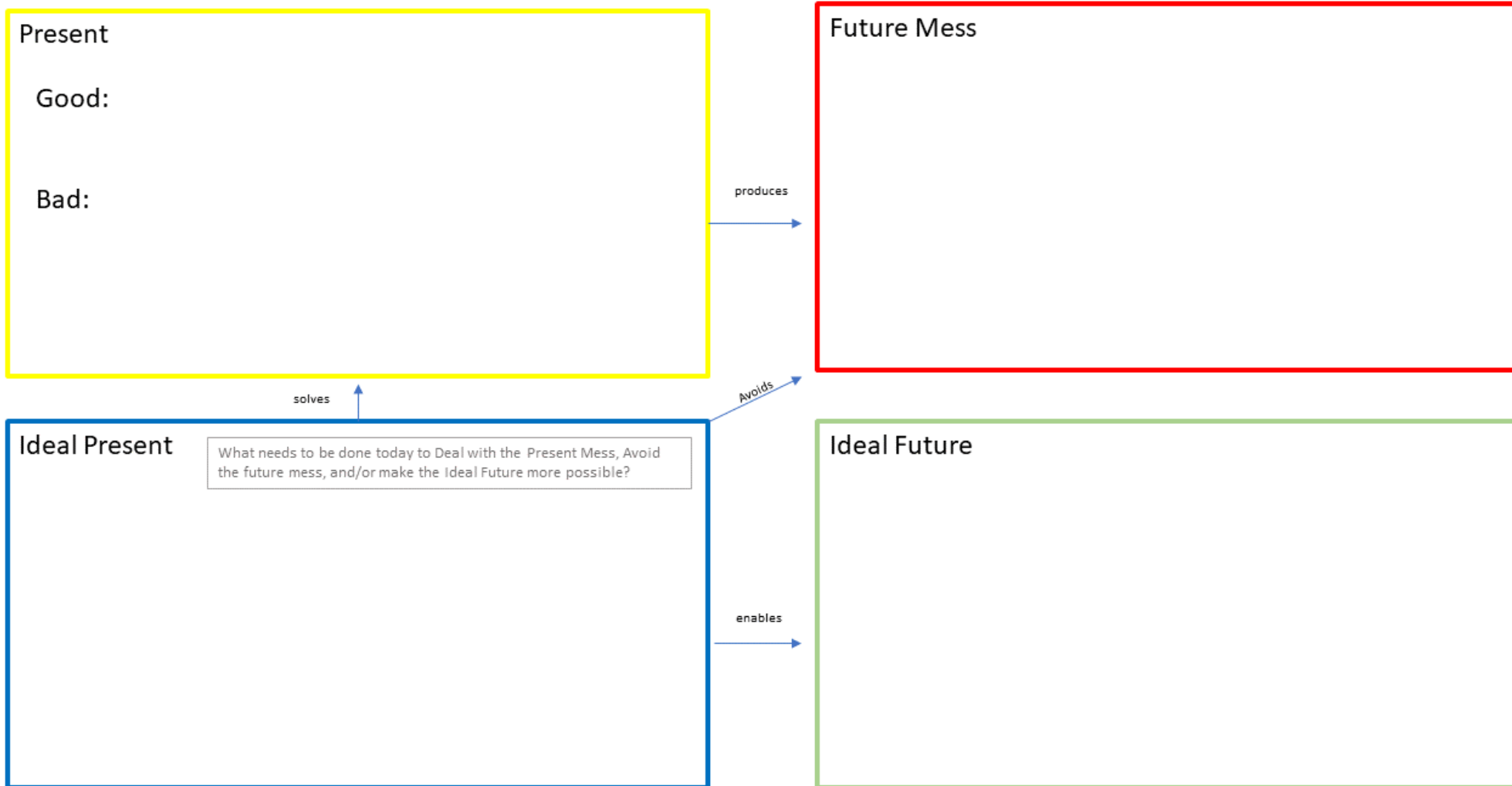
SOME THINGS ARE IN OUR CONTROL,  
AND SOME THINGS ARE NOT.

IT IS ONLY AFTER YOU HAVE FACED UP  
TO THIS FUNDAMENTAL RULE AND  
LEARNED TO DISTINGUISH BETWEEN  
WHAT YOU CAN AND CAN'T CONTROL  
THAT **INNER TRANQUILITY** AND **OUTER  
EFFECTIVENESS** BECOME POSSIBLE.

Epictetus

# IDEAL PRESENT CANVAS

Now that you are almost finished with this journal, what would you change on your canvas from the beginning? What does your Ideal Present look like? Will it get you to your Ideal Future? Spend some time completing this with all your intention for an ideal future of your choosing.





# LAUNCH

This section will allow you to summarize everything!

Put it all together. From your monthly review, to the Core Values, Vision, Mission, Purpose, Passion, and Wheel of Life. *Prioritize* and then get after it! You can do it.

**DISCIPLINE IS THE BRIDGE BETWEEN  
GOALS AND ACCOMPLISHMENT.**

Jim Rohn

IF YOU NEED ANY HELP ALONG THE WAY, OUR  
TEAM IS HERE FOR YOU.



**Ryan Coulon**  
Ryan@InsperoTeam.com

**Don Taylor**  
Donald@InsperoTeam.com

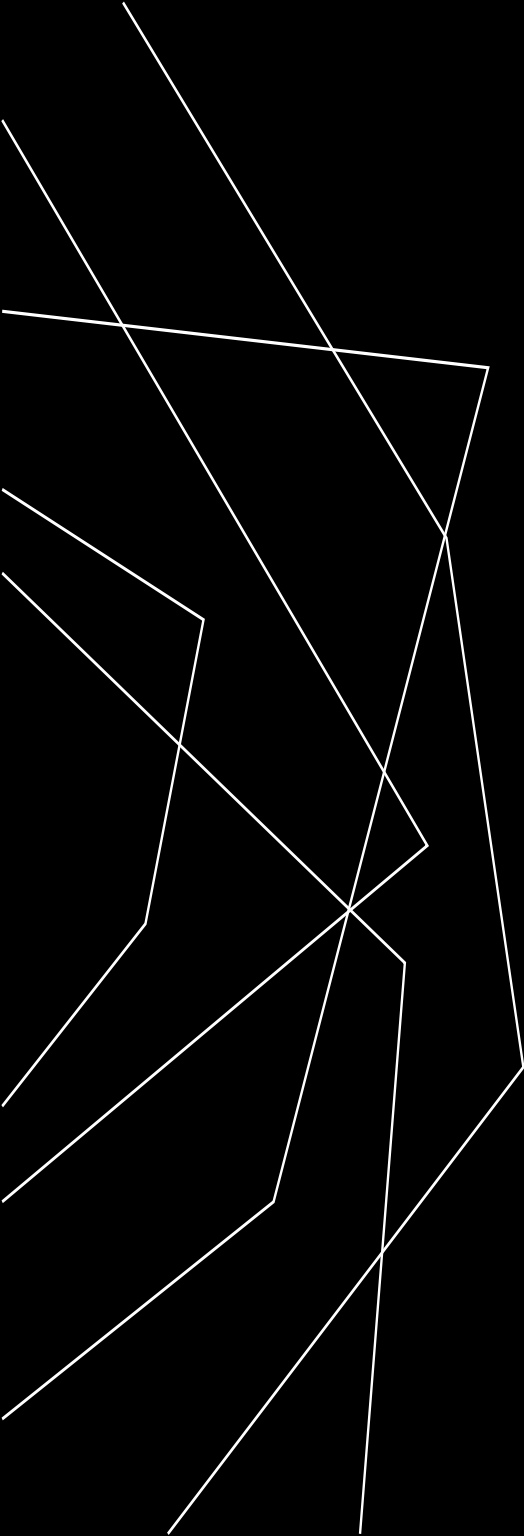
**Jason Luchtefeld**  
Jason@InsperoTeam.com



## SUMMARY

At Inspero, we use our deep knowledge of dentistry and human dynamics to help dentists and teams excel. We believe that deep and simple is better than shallow and complicated. We strive to intentionally personalize all that we know and do to provide you with what YOU need rather than what we think you need. This journal reflects our desire to help you help yourself; all the while knowing we are only a phone call or email away if needed.





# THANK YOU

Jason Luchtefeld

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