

LOOKING BACK



Looking
Forward



Looking Back Looking Forward

Instructions

Objective:

Encourage participants to reflect on their past achievements and set goals for the future, fostering personal growth and self-awareness.

Players:

It is suitable for individuals of all ages and can be done privately or in small groups.

Materials:

- Printed copy of the provided PDF.
- A pen for each participant.

Setup:

Ensure each participant has a copy of the PDF and a pen.

Gameplay:

- Participants answer reflective questions about their past year's achievements and qualities they appreciate about themselves.
- They also set personal goals for the coming year.
- The activity can be completed individually with an option to share responses in a group setting.

Winning the Game:

Focus on personal growth and self-discovery rather than competition.

Variations:

- Adapt the questions to suit different age groups or specific focus areas.
- Incorporate group discussions to foster community and shared learning.

Additional Notes:

Looking Back, Looking Forward is a reflective activity that promotes goal-setting and gratitude, aiding participants in acknowledging their strengths and aspirations.

Download the video to share [HERE](#).

LOOKING BACK

LOOKING FORWARD

WHAT THREE QUALITIES DO YOU LOVE ABOUT YOURSELF?

- 1.
- 2.
- 3.

WHAT ARE THREE THINGS YOU ARE PROUD OF THAT YOU ACHIEVED LAST YEAR?

- 1.
- 2.
- 3.

WHAT THREE THINGS WERE YOU GRATEFUL FOR LAST YEAR? THESE CAN BE PEOPLE, PLACES, ITEMS ETC.

- 1.
- 2.
- 3.

WHAT DID YOU DO LAST YEAR THAT CHALLENGED YOU AND MADE YOU PROUD WHEN YOU COMPLETED IT?

LOOKING FORWARD TO THIS YEAR. WHAT ARE THREE GOALS YOU WOULD LIKE TO ACHIEVE INDIVIDUALLY?

- 1.
- 2.
- 3.