



10 Minute End of Year Reflection

As the year comes to a close, take 10 minutes to pause and reflect on the year that's been. Find a quiet space, if you can, and consider the moments, people, experiences and learning that have shaped your year. There's no right or wrong way to reflect. Simply use the questions to pause, recognise what has mattered, celebrate what you've achieved and consider what you'd like to carry forward.

1. What was a moment this year that brought you a sense of connection, purpose or faith?

Think of a moment with a student, colleague or your wider school community.

2. Who have you really connected with this year?

What made that connection meaningful?

3. What has brought you the greatest sense of fulfilment in your role this year?

What has given you a sense of purpose or meaning?

4. What has made you most proud this year?

Think about an achievement, contribution or moment that stands out.

5. What has supported your wellbeing this year?

What has helped you look after yourself?

6. What challenges have you overcome this year?

What did you learn from them?

7. What are you looking forward to next year?

What are you excited about, curious about or looking forward to?