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# Wins & Wisdom ★ Review ★

A gentle Look Back to Honor Your Progress and Shape What's Next

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## BEFORE YOU BEGIN

Take a deep breath.

This is not a test.

This is not a performance review.

This is not about perfection.

## HOW TO USE THIS REVIEW

- Take your time—this isn't meant to be rushed.
- Refer back to your journal, calendar, or photos if helpful.
- Celebrate small wins. They matter more than you think.
- When you reach the One Small Shift prompts, remember: Small, intentional changes create meaningful momentum.



## Let's Start off with Some Wins!

1. What were the highlights of my life this past year?

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2. What did I learn about myself this past year?

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3. What am I most grateful for this past year?

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**TIP:** Health is not about perfection. It is about awareness. Notice what supported you this year, and remember that one small, consistent shift can make a meaningful difference.



## HEALTH

### ★ Celebrate the Wins

In what ways did I care for my body this year?

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When did I feel most energized, rested, or well?

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What habits or choices am I most proud of?

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### ★ Gather the Wisdom

What did my body communicate to me this year?

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What injuries or health challenges did I overcome?

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### ★ One Small Shift

What is one small, realistic shift I could make today to feel more aligned with my health?

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**TIP:** Growth at work does not always look dramatic. Small changes in focus, boundaries, or intention often create the biggest impact over time.



## CAREER/WORK

### ★ Celebrate the Wins

What accomplishments, progress, or effort am I proud of?

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When did my work feel meaningful or aligned?

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Where did I stretch or grow?

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### ★ Gather the Wisdom

What did this year teach me about what I want more—or less—of in my work?

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What skills or knowledge would help me advance in my career?

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### ★ One Small Shift

What is one small shift I could make today to feel more aligned with my career or work goals?

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**TIP:** Strong relationships are built through presence, not perfection. One thoughtful moment or conversation can strengthen a connection more than you realize.



## RELATIONSHIPS

### ★ Celebrate the Wins

Where did I feel most connected or supported?

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What moments or conversations strengthened my relationships?

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How did I show up for the people who matter most?

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### ★ Gather the Wisdom

What did I learn about communication, boundaries, or presence?

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What insights came from moments of tension?

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### ★ One Small Shift

What is one small shift I could make to strengthen an important relationship?

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How can I be more present, patient, or open?

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**TIP:** Purpose is revealed through reflection, not pressure. Pay attention to what feels meaningful. Small, aligned actions add up to a life of impact.



## **PURPOSE & MEANING**

### **★ Celebrate the Wins**

When did I feel aligned with something meaningful or bigger than myself?

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Where did my values guide my choices?

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What moments felt especially fulfilling?

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### **★ Gather the Wisdom**

What did this year reveal about what matters most?

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How have my priorities evolved?

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### **★ One Small Shift**

What is one small shift I could make today to live more in alignment with my purpose?

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**TIP:** Self-care is not about doing more. It is about noticing what truly supports you. Start small. One kind, doable choice can quiet mental noise and create a lasting impact.



## SELF-CARE

### ★ Celebrate the Wins

How did I care for my emotional or mental well-being this year?

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When did I give myself permission to rest, reset, or ask for support?

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What moments of self-compassion or balance am I proud of?

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### ★ Gather the Wisdom

What signals told me it was time to slow down or recalibrate?

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What happens when I prioritize myself—even briefly?

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### ★ One Small Shift

What is one small shift I could make today to care for myself more intentionally?

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**TIP:** Happiness is not something you chase. It is something you allow. Small moments of joy, practiced intentionally, can change how you experience your days.



## HAPPINESS & FUN

### ★ Celebrate the Wins

When did I feel most joyful, playful, or at ease this year?

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What activities, people, or experiences brought laughter or lightness?

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Where did I permit myself to enjoy the moment—without guilt?

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### ★ Gather the Wisdom

What patterns emerged when I made time for fun?

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What tends to get in the way of joy—and what helps me return to it?

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### ★ One Small Shift

What is one small shift I could make today to invite more happiness or fun into my life?

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**TIP:** Contribution does not have to be big to matter. Giving time, attention, or care consistently and intentionally creates powerful ripple effects.



## COMMUNITY & PHILANTHROPY

### ★ Celebrate the Wins

How did I show up for my community this year?

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Where did I give my time, energy, resources, or voice?

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What acts of service or generosity felt meaningful?

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### ★ Gather the Wisdom

What did I learn about the causes or communities that matter most to me?

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Where did I feel most aligned when serving others?

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### ★ One Small Shift

What is one small shift I could make today to be more engaged in my community or philanthropy?

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# ★ Congratulations ★

## Congratulations on completing your Wins & Wisdom Review!

You chose to pause. You honored your progress.  
You gathered wisdom from your experiences.

**Celebrate this moment.**  
Then carry one small shift forward.  
That's how alignment happens.



**This reflection activates the SPARK Framework:**  
Curiosity, Mindset, and Action that fuel Growth  
and Impact over time.

# SPARK FRAMEWORK™



Reflection creates clarity, but sustained change requires support. Through keynote speaking, the SPARK framework, and Positive Intelligence® mental fitness coaching, I help teams navigate change with confidence, reduce fear under pressure, and turn insight into consistent, aligned action.

If your team is ready to move from surviving to thriving, let's talk. Together, we'll turn insight into aligned action and build the mindset and momentum needed to navigate change. Contact me at [tb@toddbertsch.com](mailto:tb@toddbertsch.com)