

THANK YOU 2023; HELLO 2024



REFLECTION BOOKLET



About this e-booklet

This e-booklet provides some questions which we hope will help you reflect on the past year, and set goals for the next.

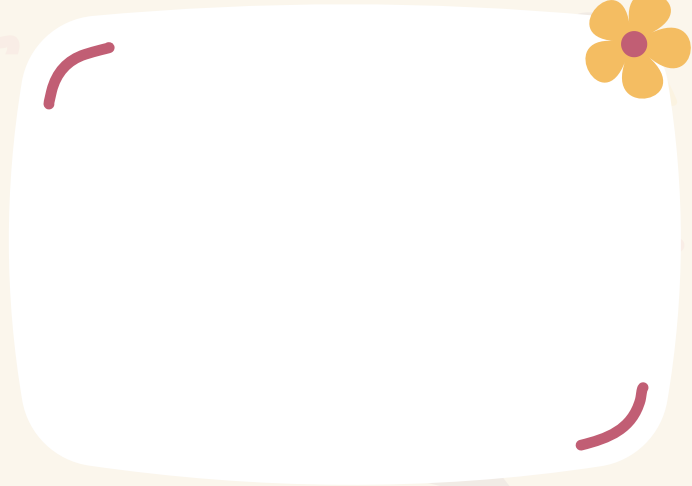
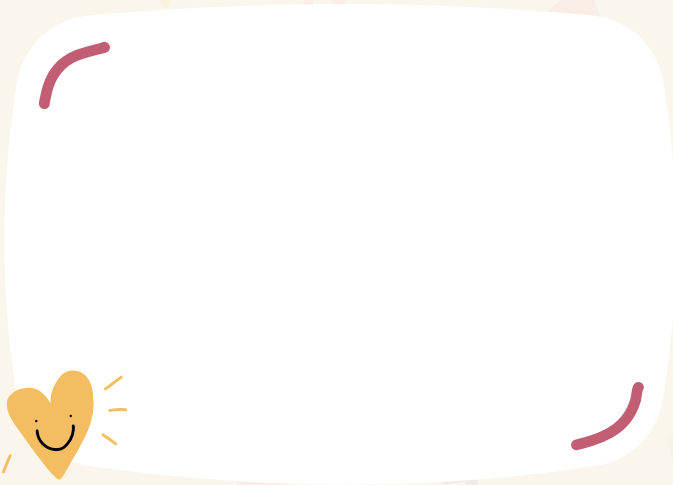
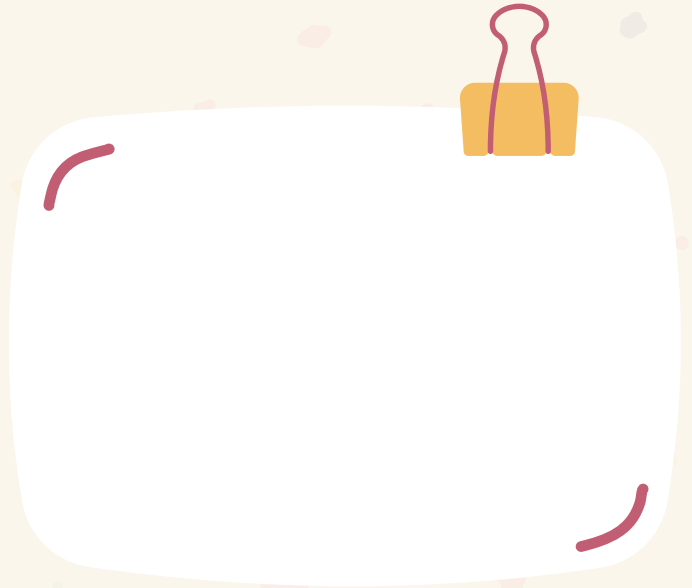
You may save a copy of this e-booklet and open it with the Adobe Acrobat Reader App to type your reflections.

Note: Sometimes in reflecting, we may experience some levels of distress. Pause and take a break if it gets overwhelming. You may also approach EBSC through the 24/7 counselling helpline.



SCDF Counselling Helpline
1800-286-6666

What were some of your favourite moments in 2023, whether at work or in your personal life?



Who are the people you had connected with
in the past year?



What are you grateful for, no matter how
big or small?



What are some challenges you faced in 2023?



What did you learn, and how did you grow from these challenges?

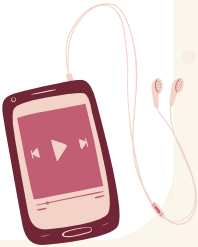


What would you like to do for yourself in 2024?

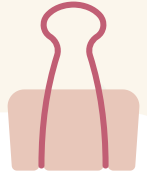


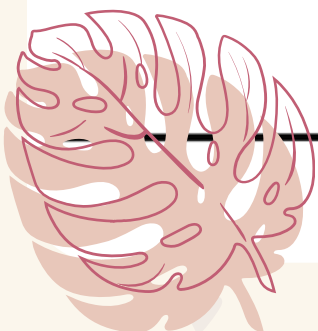
While you strive for your goals in 2024,
remember to care for yourself too.

What were some self-care activities you
found helpful, or would like to try?



What would you say to yourself, as you
bid goodbye to 2023 and welcome 2024?





NOTES



**Brought to you by the
Emergency Behavioural Sciences & CARE (EBSC) Unit**

DECEMBER 2023