



WORKSHEET



Lightbulb Moments 2023

1: When did you experience a sudden realization this year? What triggered it?

2: What are 3 beliefs that have changed since the beginning of the year?

3 | Recall a challenging experience from 2023. What lessons did you learn?

4 | When were you at your most fulfilled? What made this time so special?





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5 | What are 3 things you have become more grateful for this year?

6 | How has your comfort zone expanded, and what caused it to do so?

7 | Who was your biggest teacher in 2023, and what did you learn from them?

8 | If you could put a one-word label on 2023, what would it be?





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Lightbulb Moments 2023

Comprise the knowledge you've gained from the questions above, and write down **your 6 most transformative lightbulb moments of 2023:**

1

2

3

4

5

6

