**Assignment 1:   
Reflect & Review what made last year a good year (and not such a good year)**

**This assignment will take ca. 30 minutes and consists only of individual reflection.**

Take stock of what you’ve accomplished and what you’re proud of. Both when it comes to work and life in general. Also think through the low points of the year and what you don’t want to repeat.

Use these questions to guide you:

* When were you most excited about life in the past year? What were you doing? Who were you with?
* When were you most fulfilled in your work in the past year? What were you doing? Who were you with?
* Where did you let fear hold you back from a goal you had, either in your work and life in general?
* What would you have done differently in the past year?
* What would you like to keep and repeat when it comes to your work?
* What would you like to get rid of when it comes to work?
* Overseeing what you’ve written down in answer to the above questions, what people come to mind that inspire you? Describe 3 people below and why they inspire you.
* If there were a newspaper headline describing this past year for you, what would it say?

**Take a break at 11.00 and return to the plenary session at 11.15.**