

# 2022 Relational Reflection

Overall, what type of support did you receive this year?  
What types of support did you offer to others?

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What worked well in your relationships this year? Who stands out as someone you were particularly close and/or connected with?

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# 2022 Relational Reflection

What new relationships appeared in your life this year?  
How are those relationships different than ones you have had in the past?

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What risks did you take this year in relationships?  
What were the outcomes of those risks?

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# 2022 Relational Reflection

How are you different this year? How did 2022 shift how you show up in the world? What changes have you made that have positively impacted your relationships?

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What do you want to carry with you into 2023?  
What are you choosing to leave behind?

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# 2022 Relational Reflection

What is your relationship intention for 2023? Focus on making it clear and concise!

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What do you want to cultivate in your relationships in the coming year? What are you calling in to your life in 2023?

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