

The Christmas period is a perfect opportunity to take stock, and perhaps especially after two years of covid shitshow disrupting plans, challenging resilience and prompting many of us to ask some pretty searching questions about our so-called careers.

This time last year, 2021 was full of promise, but for many another year of uncertainty stretched coping mechanisms to breaking point and beyond, and to find ourselves here, a week before Christmas surrounded by yet more bleak news, chaos and indecision feels completely surreal - as if the year we have just experienced has taken us nowhere.

No matter how shit a hand 2021 may have dealt you however, there will have been progress. There will have been goals achieved, and lessons learned from the ones we didn't quite manage, or missed by a country mile. Questions asked and answered, stands taken, positions adopted, relationships made and experiences experienced.

Some challenges will have been undertaken willingly, some forced upon us.

There will have been endings, and beginnings, and a whole lot of the squidgy stuff in the middle. We may not be where we expected to be right now, but we can reflect on the journey, regardless of the destination.

So I've uploaded some prompts to help you reflect on the year as we bring 2021 to a close. Carve out some time for yourself, grab a notepad and pen, turn off your phone and prepare to get reflective.

There are no prizes or punishments - unless you want to reward yourself with a hefty helping of your festive treat of choice - so go into this with a curious mind and use what you find to set you up for the year to come.

If you want to share any observations on 2021, or your intentions for your so-called career in 2022, or perhaps you have questions of your own that help you reflect on your so-called career that you think others might benefit from too, you know I love to hear from you - you can reach me by [email](#) or @socialcareer on instagram.

Whatever you do, take care, and have a bloody lovely Christmas!

Reflection

- 1) What were your greatest achievements of 2021? The things that you feel truly, deeply proud of, whether big or small.
How did you celebrate them?
- 2) What did you most enjoy about your work?
- 3) What was the best decision you made?
What changed as a result?
- 4) Was there a specific challenge you overcame - what was it?
What changed as a result?
- 5) Think about a couple of bad decisions you made.
Why did you make them? Did they have anything in common?
- 6) What were the most valuable lessons you learned?
What have you done differently as a result?
- 7) Where did you invest your time, attention and energy in 2021?
In hindsight, were these the right places?
- 8) How do you feel about the work you are doing at the moment?
- 9) How close do you feel to the work you love doing and the people you love working with?
- 10) How well did you take care of yourself this year?
What mental or emotional state was most common for you?

What about your physical state?
Why do you think that was?

11) What has surprised you most about your so-called career this year?

12) Who has been your biggest source of inspiration?
How has their inspiration helped you?

13) What matters most in your life? And how are those things reflected in your work or career decisions?

14) What three words describe you at your best?

15) What three words best describe you at your worst?

16) What do you fear most about your career 'going wrong'?
What would you do if this happened?

17) What one thing do you most wish your colleagues or clients knew about you?
What would feel possible as a result?

18) What do you want to leave behind in 2021? What beliefs, behaviours or habits are you ready to let go of?

Intention

19) What word or phrase best describes your career intention looking ahead to 2022?
What does it represent to you?

20) How will you remind yourself of this intention throughout the year?

21) What does success look like for you in the next 12 months?

22) What rewards feel meaningful and motivating to you?

23) What does having a positive impact through work mean to you?

24) What scaffolding do you need to hold you steady as you go?

25) What can you start doing right now to get you moving in the right direction?

And a bonus question, because we could all do with celebrating more than we do!

26) How will you measure your progress and celebrate your success?