

# 2022 WRAP-UP

LET'S CELEBRATE YOUR  
ACCOMPLISHMENTS

**YOUR 2022 LEARNING MODE SCORE:** \_\_\_\_\_

List the things you learnt this year:

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**YOUR 2022 RESILIENCE SCORE:** \_\_\_\_\_

List the things that helped you bounce back this year:

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**YOUR 2022 NETWORKING SCORE:** \_\_\_\_\_

List the new people in your network this year:

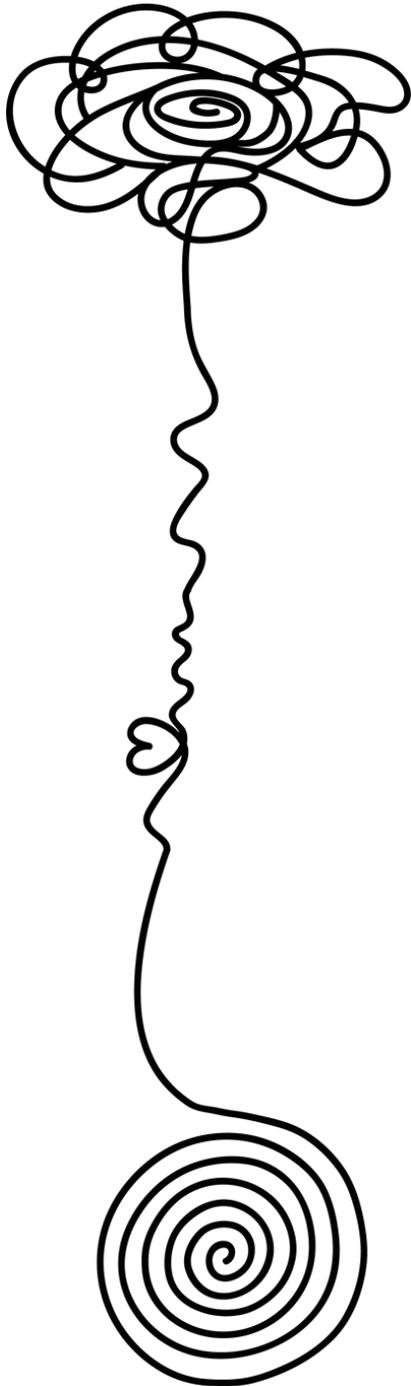
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# 2023 PLANNING

LET'S STRENGTHEN OUR  
ABILITY TO THRIVE IN  
CHANGE

**INTRODUCE THE NEW YOU:**

Write is as if you are introducing someone you know. "Meet [Your Name] he/she is..."

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List the things you wish to learn this year:

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List the activities you'll commit to that will build your resilience this year:

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List the people you wish to connect with this year:

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