



Explore & Learn

2018 A Year in Review

Email this completed form to EmployeeWellness@harrishealth.org by December 28, 2018 to earn 5 Premium Points on www.mycigna.com and get entered into a raffle* for a prize!

Name _____

Employee ID _____

Relationship (Check ONE): ☐ Employee ☐ Spouse

In the beginning of the year, we asked you to think of your WHY and put it into two words. These two words should have guided you through this year as you thought about who you want to be and how you want to live. As 2018 comes to an end, let's take time to reflect on those words.

If you did not do the activity in January, just think of two words that best describe how you lived your life in 2018. Examples: confidence, energy, balance, strength, resilient, peace, happy, change

Self-Reflection

What were your two words?

Why are these important to you?

Give one example of how you grew from focusing on one or both of these words?

How long did you stay committed to these words?

If you forgot about them, what would have helped you to remember?

What will be your two words for 2019? Remember your why and make a plan. Use what you learned in 2018 to help you stay committed in 2019.