



**RACHEL KINDT Ph.D.**

Scientific Leadership Coach, Writer, Biotech Advisor

# END OF THE YEAR REFLECTION & 2024 “TRY GUIDE”

*An “ACGT” exercise to uncover  
learnings from 2023 and  
jumpstart your personal and  
professional growth in 2024*





# ACGT Reflection Exercise

## *From 2023 Insights to 2024 Aspirations*



### **A**BSORB the past year

- 1 List 3 things you're proud of from 2023.  
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\_\_\_\_\_  
\_\_\_\_\_
- 2 List 2 challenges you faced in 2023.  
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\_\_\_\_\_  
\_\_\_\_\_
- 3 Choose 1 of the challenges and write how you overcame it, even if only partially.  
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### **C**ULTIVATE what helps you

- 1 List 3 things you enjoyed in 2023.  
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\_\_\_\_\_  
\_\_\_\_\_
- 2 Describe a moment you felt most yourself in 2023.  
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\_\_\_\_\_  
\_\_\_\_\_
- 3 How would you describe yourself in that moment?  
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\_\_\_\_\_  
\_\_\_\_\_

### **G**IVE (UP) what hinders you

- 1 List 3 things you DID NOT enjoy in 2023.  
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- 2 Choose 1 that you don't want to continue in 2024.  
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- 3 Describe 1 action you can take to begin to let it go.  
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### **T**RY something new

- 1 What's 1 thing you want to continue but change the approach, influenced by your "CULTIVATE" responses?  
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- 2 What's 1 thing that really scares you, but you think you'd enjoy?  
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- 3 What's 1 step you can take to pursue it in 2024?  
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# HOW TO USE THIS GUIDE

The turn of the calendar year is a great excuse to reflect on your past year of experiences, digest what you've learned, and look ahead to what new "experiments" to try. To help you do this, I've created this one-page guide.

You can answer the questions in one sitting or in several. Try to write without too much deliberation since your gut, quick responses are sometimes the truest. Then, set the guide aside for a day or two. When you come back to it, see what you want to take away into the New Year.

If you drop me an email at [hello@rachelkindt.com](mailto:hello@rachelkindt.com) with your learnings I'll be sure to answer and you can get some spontaneous scientific leadership coaching!

## ABOUT



### **RACHEL KINDT Ph.D.**

Scientific Leadership Coach, Writer, Biotech Advisor

I have traveled the road from science training to executive leadership to focus on my passion – helping scientists use their unique skills to accomplish their dreams and thrive in life and work. My scientific leadership coaching method takes your powers of observation, hypothesis generation and evaluation and teaches you how to use them in service of yourself.

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