

Reflections on the past year and Outlook for the coming year - Life

Name: _____

Date: _____

Reflecting on Past Year Accomplishments & Disappointments:

1. What were your most significant personal accomplishments?
2. What were your most significant professional accomplishments?
3. What were your most significant disappointments (personal and/or professional)?

Internal/Self-Reflections

1. What is one thing that, if I stop doing in the next 12 months, will make me more effective personally and/or professionally?
2. What is one thing that, if I start doing in the next 12 months, will make me a more effective personally and professionally?
3. What are my self-limiting beliefs that are preventing me from achieving what I want and need to achieve?

Sharing With Your Coach

What is the one thing you did in the last year that you want to share with others, because you feel it may be helpful to share it as you move forward into the next year? Why is this so important?

Your Outlook for the Coming Year

- A. How do you think recent trends in the economy/your life/your business will impact you in the coming year? How have you / are you preparing for this?

B. List the three most important objectives for your personal and/or professional life in the coming year. These should be critical accomplishments that will lead to future achievement.

1.

2.

3.

C. For each objective listed above, identify your responsibility in achieving the objective.

WHAT will you do? HOW will you do it? WHEN will you do it?

1.

2.

3.

D. What personal and professional development goals have you set for the coming year?

1.

2.

3.

E. What do you want to accomplish in your personal life in the coming year?

1.

2.

3.

F. Who can be most helpful to you during the coming year? Be as specific as possible.

G. Given a golden wand, what would really make the coming year your best year yet?