



The Year in Review



What were my wins this year? (big & small)

- What goals did you set for yourself that you met?
- What are you most proud in terms of what you achieved, accomplished or brought into being this year – in life and work?
- What did these achievements or actions in turn make possible – for you, your family, your business, your financial situation, and your health and well-being, for others?
- What makes you smile just to think about it today?

What were my losses this year? (big & small)

- What important goals did you fail to achieve, and why?
- What event or experience represented the “worst” of the year, and why exactly?
- What action(s) did you take that you want to eradicate from your behaviour forever?
- What brings tears of unhappiness and regret to your eyes when you think about it?

What have been my challenges this year?

What lessons have I learnt from this year?

The People

Who has been most helpful?

- Who are the top three helpers whom you'd like to acknowledge?
- Who has gone above and beyond in their efforts to assist you in a goal or important outcome?

1. _____
2. _____
3. _____

Who needs to be removed from my life?

Who has been terribly unsupportive of you, and needs to be let go of if you're going to move forward?

The Future

If there was only one thing I could do to improve my business, what would it be and how would I make it happen?

If there was only one thing I could focus on to improve my personal performance, what would that be and how would I make it happen?

What messages am I not listening to or refusing to confront in my business and personal performance and how am I going to overcome that this year?

What do I want to do more of in 2022?

What do I want to do less or none of?

The Goals

What do I want to achieve by next Christmas?

What new stretch goals can you set that will be juicy, compelling and fulfilling to reach?

Business

Personal

Notes / Scribbles