

ONE MONTH TO GO...



**Thought and Behavioral
Coaching**



Welcome to December! We now have one month left until the end of the year. Now is the time to start reviewing yourself for the year, thoughtfully put a bow on the year-end, and peak around the corner into the coming year. Take some time to think through the questions below, journal, discuss, and ponder as you honor the last 11 months, proactively view December, and start planning for the coming year.

1. Areas I have grown personally in the last 11 months are:
2. Areas I have grown professionally in the last 11 months are:
3. Shift I saw in myself and/or my thoughts were:
4. My initial intentions for this year were:
5. As the year progressed and new info was acquired, my goals shifted to:
6. My main challenges this year were:
7. Through those challenges, I learned what about myself?
8. If I could sum up my theme of this year in a word or phrase, it would be:
9. Looking back, this year I am most grateful for:
10. I am most proud of myself for:
11. I would like to thoughtfully end this year by:
12. Support I would like to ask for (and graciously accept) within the next month:
13. Support I would like to offer others within the next month:
14. What would you like to do more of, or learn more about, in the year to come?
15. What would you like to do less of in the year to come?
16. Areas I will focus on in the coming year related to my own personal growth are:
17. Areas I will focus on in the coming year related to my professional growth are:
18. Support I will need for the coming year looks like:
19. What boundaries would I like to get more respectful around enforcing in my own life in the coming year?
20. In what ways would I like to take better care of myself in the coming year?