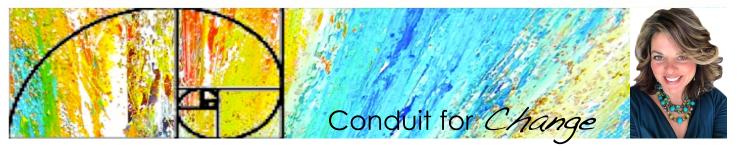
EMPOWERING PEOPLE FOSTERING IDEAS CHANGING LIVES



2020/2021 REFLECTION

2020/2021 has been unusual to say the least. I invite you to pause and for additional reflection. Note what's good, what you've accomplished in the presence of adversity and to set a few thoughtful goals for the year to come. Here's a few coaching questions designed just for YOU.

- On a scale of 1-10 how stressed would you rate yourself right now?
 (10 = CHAOS/Most Stressed, 1 = CALM/Least Stressed)
- 2. What's it been like to be you in 2020/2021? List 3-5 major changes.
- 3. What have you done/contributed recently that's worth celebrating or acknowledging?
- 4. Where did you most surprise yourself during such a challenging time?
- 5. How did you stay resilient? What worked for you?
- 6. What unexpected opportunity(s) did you take advantage of or hope to capitalize in the near future?
- 7. Where would you like to most improve most? Name a few possible action steps.
- 8. Set three solid tangible goals for the next three months.
- 9. Set your mindset. What's your attitude of choice from here on out?
- 10. What has GOT to GO for you to succeed?

You are amazing! I believe in you.

fuelics