



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.

1. 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.