



End of Year Reflection/Future Goals

As one year comes to an end, another begins. Seasons and cycles help us reflect, honor and remember the good and the growth. You've probably come farther than you recognize. I invite you to pause and reflect. Note what's good, what you've accomplished and set a few thoughtful goals for the year to come. Here's a few coaching nuggets 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 this past year? List 3-5 major changes or accomplishments.
3. What have you done, contributed or shifted that's worth celebrating or acknowledging?
4. Where did you most surprise yourself this past year?
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 or explore more of? Name a few possible action steps.
8. Name three solid tangible goals for the next three months. Name major goals for the new year.
9. What's your ONE WORD for the new year?
10. What has GOT to GO for you to succeed?

You are amazing! I believe in you.

A handwritten signature in black ink with a red glow effect, reading "fueling".