

Year End Review

As busy executives and professionals we don't take enough time for reflection. December is a great month to do so. Reflect on the past year to learn and grow and make a plan for a great New Year. Use the following outline to structure your thoughts. Contact us if you'd like more help.

All the best to you and your team!

Directions:

Schedule time alone to reflect on the following questions. Be honest and complete. One major goal accomplished is better than 5 unfinished. Choose to focus this year on what matters most. Get quiet and go deep and take charge of your life. Your life is too important to stay on the surface. You are the architect of your masterpiece. Don't let others write your script. Print off, reflect and enjoy what it does to you.

Review:

What went well this year? What accomplishments are you proud of?

What were significant learning and insights did you gain? How were they impactful for you?

Are you satisfied with your year? Why or why not?

- Why I was satisfied:

- What was not:

What will I change this year?

Plan for 2019

Major results I want this year:

| Area | Major Goal | Next step |
|---------------|------------|-----------|
| Professional | | |
| Personal | | |
| Health | | |
| Financial | | |
| Relationships | | |
| Spiritual | | |
| Development | | |

Developmental – continual learning and growing

What are my top core strengths and how to develop each:

- 1.
- 2.
- 3.
- 4.

Habits I want to start this year: (e.g. exercise, meditation, writing, etc. Pick one and start now)

- What will I do and when?