



Review of your year!

Taking some time out to review what's gone well, what hasn't gone so well, what you've learnt and what you want to take forward into next year can really help get things into perspective, leaving you with clarity & confidence to move into the year ahead. I really hope you give yourself some time to sit in a quiet spot with a cuppa & go through these questions. ENJOY!!

1. What did you accomplish this year? (Remember all the small things as well as the big things! Going through the year month by month may help you remember or even splitting your life into sections ie work, parent, partner, leader, physical health & fitness, mental health & fitness, finance, hobbies etc)

2. What didn't go so well this year?

3. What have you learnt from BOTH the accomplishments and the disappointments? What personal qualities, strengths, beliefs, environment &/or resources enabled you to achieve your accomplishments, what led to the disappointments?

4. What 3 bits of advice would you give yourself going into next year?

5. How are you going to keep this advice front and centre of your mind when facing challenges & working towards a goal?



6. How are you going to celebrate your successes?