



## SELF REFLECTION: PAST

What do I want to celebrate from the past year?

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What did I accomplish? What do I feel good about from the previous year?

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What did I want to accomplish that I didn't? Do I still want to accomplish those things?

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What did I say I would do that I didn't?

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## SELF REFLECTION: PAST

Who do I want to be in communication with?

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What were my biggest mistakes or disappointments in the last year?

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What risks did I take?

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What did I learn? List 3 lessons.

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## SELF REFLECTION: CHANGING PATTERNS

How do you think you limit yourself?

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What do you say to yourself to explain your failures?

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Now reframe it....List your NEW paradigm which must be personal, positive, present tense, powerfully and simply stated, pointing to an exciting future.

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Read your new paradigm out loud when you awake and before going to sleep each day. Teach your subconscious that this is your paradigm. Feel as if it already exists.



## SELF REFLECTION: FUTURE

What are your personal values? What is most important to you in your life? What drives you?

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What roles do you play in your life? Rate each role on a scale of 1 to 10 with 10 being the most important.

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Where is your life out of balance? If you could put one problem behind you, once and for all, what would it be? (what is taking a bunch of your energy to not address it? Maybe it is what totally exhausts you and drains your mental/physical energy.)

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## SELF REFLECTION: FUTURE

Of all your roles, which role is your major focus for next year? ( In what role do you want a breakthrough performance? If you could put a check mark by one of these roles at the end of next year showing, showing that you felt good about how you are playing that role, which one would it be?)

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What are your goals for each role?

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