

End of Year/New Year Reflection & Planning

1. **As you reflect on this past year, what were your accomplishments, successes, breakthroughs, and/or achievements?** Make the list as long as necessary. It's important to acknowledge and validate ALL your accomplishments. HINT: Look through your organizer, your journal, memos, notes, letters, whatever might help to remind you.
2. **Looking back over the year, what were your disappointments or the things you had hoped to accomplish but didn't get to?** It's important to acknowledge these issues, as this is an ideal time to either let them go, carry them forward, or make a new promise. Also note what may have blocked or held you back from your goals/objectives, or contributed to your disappointments.
3. **What have you learned about yourself and your life? What insights have you gained?** Insights can shift us to a new, more alive place, helping us be more intentional and authentic in living our lives.
4. **What are you grateful for?** This list might include some of the above and anything else you truly appreciate about yourself and your life. Include the little things. Are you grateful for sunshine? Perhaps you want to add that to your list?
5. **How about a celebration in honor of your accomplishments this year? What would be a fun, special thing to do for yourself?** Get a massage, take a friend out to dinner, buy yourself a new outfit or tool, etc.
6. **What is your bold new theme or vision for the New Year?** A theme for the year is meant to empower and motivate you throughout the year to come. Your bold new theme could be: Be Fearless! Be a Rebel! Stand Strong in Me! Respect Me First! Be in the Moment! Be the Change! Connection!
7. **As you look ahead to the new year, what are your two most significant goals?** You can have as many goals as you wish but make sure you put them in order of importance and stay focused on your top two goals. When setting goals, you consider these major areas of life:
 - Career and professional development
 - Finances
 - Spouse/Significant Other
 - Spiritual
 - Health and Wellness
 - Fun and Recreation
 - Family and Friends
 - Home Environment (This could include the design/aesthetics, clutter, or even the location)

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8. **What are you tolerating?** Make a list. Even little things like a chip in the windshield or a broken zipper on a jacket suck a little energy each time you notice them and, cumulatively, they add up to feelings of frustration, ultimately diminishing our enjoyment of life. Make a list of what you are tolerating and systematically, one-by-one, start whittling your tolerations list. You'll be amazed how good you feel, and how much more energy you'll have, when your tolerations list is whittled down to zero.
9. **What do you need to tell yourself every day?** We all have a gremlin or two - those little voices in our heads that tell us we can't do it, or we're not good enough. You ARE good enough. What mantra or self-affirming statements can you instill in your daily internal dialogue to replace the negative?
10. **What's going to be on your To-Do list?** Make a To-Do list for all of the things you need to do for each goal. Remember to be flexible in making adjustments as you will learn new things every time you take a step forward. If you like you can test your plans by running them through the DREAM cycle:
 - D - Discipline!** Do you have it? To sustain and live the life you want, you need it.
 - R - Realism!** Are your goals realistic?
 - E - Essence!** Are your goals about what you really want? Or are they what you think you should want (or what someone else wants)?
 - A - Action!** Will you commit to taking action every day? (Baby steps, Baby!)
 - M - Motivation!** Is what you want aligned with what you value?