

8 Questions for 2018

Looking Back, Looking Forwards.



Reflect on your experiences during 2017 and answer these questions:

1. What went really well for you this past year? Why?

2. List your top 3-5 accomplishments during 2017. This could include any personal or professional milestones and achievements. How will you celebrate these accomplishments?

3. What was most challenging this past year? What did you struggle with? Why? And what was your biggest lesson regarding these experiences? Why?

4. What interesting discoveries did you recognize about yourself? What strengths did you realize? What unique abilities did you uncover?

5. What drains your time and energy? What is blocking you from doing something more important? How can you do less of that?

Think about your future plans for 2018 and answer these questions:

6. What new directions would you like to pursue this year? What is important for you to achieve? What are you most excited to create or experience? Why?

7. What is your personal development focus for 2018? Your personal 'theme' or 'affirmation' you'd like to declare for yourself? *For instance, this year my theme is kindness. I will focus on being kind to myself and others by doing or saying something kind to one person every day.*

8. How can you use this new information to influence your decision making process moving forward? What are your 'next steps' and 'action plan'? How will you commit to your action plan and ensure you take action in 2018? And how will you recognize and celebrate your successes and milestones?
