

Annual Reflections

We recommend starting your annual goal setting and planning by reflecting on the previous twelve months and expressing gratitude for the people, places, events and things most meaningful to you in life right now. Here are some questions to guide your thinking:

1 What went exceptionally well this year? What were your successes?

2 What were you most proud of this year?

3 What were some of your biggest challenges this year?

4 How did you show up as a leader this year?

10 Knowing what you know now, if you could go back and give yourself advice at the beginning of the year, what would it be?

11 What lessons learned do you want to carry forward with you into the new year and beyond?

12 Were there any major shifts in your values, mission, or vision this year? What caused those?

13 What ten things are you most grateful for at this point in time?

14 Who are the five people you are most grateful for right now?



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