

## **Reflect Back and Plan Forward activity**

The start of a new year is always a great time to reflect back and plan forward. Here are some great questions to prompt that thinking. Remember, you're more likely to achieve something if you plan for it and write it down.

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**As you reflect on this past year, what were your two or three most significant accomplishments, breakthroughs, and/or achievements?**

1.

2.

3.

**Looking back over the past year, what (if anything) blocked or held you back as you moved toward your goals/objectives?**

**Knowing what you know now, what would you have done differently? (While we can't change what was, we can use this input/learning as we move forward.)**

**As you look forward to 2014, what are your three most significant goals that you wish to accomplish within the year? What will be different? How will YOU be different?**

1.

2.

3.

**What are the top two or three things about your business or job that you most want to be different in 2014?**

1.

2.

3.

**What two or three changes do you most want to see in your personal life?**

1.

2.

3.

**What do you want your practice/business or professional situation to look like one year from now?**

**What actions are you prepared to take to reach your goals and objectives in 2014?**

Having gotten clear on what you want to achieve next year, **the next step is to develop the strategies and actions that will move you to reaching your desired outcomes.** And if you do not yet have a coach or an accountability partner to keep you on track ... GET ONE! Let's prepare to make 2014 our most exciting, rewarding, and personally fulfilling year!