End of the Year Reflection Questionnaire

Use this questionnaire to help you map out a game plan for the new year to make sure you complete your goals.

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| ***Year that is being reflected:*** |  |

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| What did I do well this year?What did you learn about yourself and your life that you didn’t know before this coaching session? |
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| What did not work well this year? |
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| What would I do differently in the upcoming year? If you knew what to do, what would you do differently? |
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| What are your goals for the upcoming year? (Create 2 goals)  |
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| What is the action plan that you will use to accomplish your goals in the upcoming year? (Create 3 actions/steps) |
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| What obstacles could you run into while achieving your goals in the upcoming year? |
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| What did I learn about myself this year that I did not already know? Is this something that is helping me move forward in my life? |
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| What did I learn about life this year that I did not already know? Is this helping me move forward in life? |
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Place the goals and action plan below and review them daily.

Goal One:

Action Plan:

Goal Two:

Action Plan