



6 QUESTIONS TO CELEBRATE

Review your year



STEP 1: Here are the 6 Coaching Questions to Celebrate & Review Your Year:

1. Name Your Proudest 4 Achievements this Year

This could be something big, small or anywhere in between. What are you most proud of?

1. _____
2. _____
3. _____
4. _____

2. List 5 Challenges You Overcame this Year

What was hard? What are you proud of overcoming, dealing or getting to grips with?

1. _____
2. _____
3. _____
4. _____

3. What New Skills Did You Learn This Year?

Think about skills, knowledge, techniques, useful facts, lessons learned etc.

1. _____
2. _____
3. _____
4. _____



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4. What Did You Learn about Yourself?

These could include (but are not limited to!) your strengths, weaknesses, talents, positive or limiting beliefs, desires, values, hopes, fears, etc.

1. _____
2. _____
3. _____
4. _____

5. What New or Existing Relationships Did You Develop?

Who did you grow your relationship with? This could be personal or in business.

1. _____
2. _____
3. _____
4. _____

6. How Specifically Did You Make a Difference in the World this Year?

Big or small, how did you help others/your community/the world? It could be in your family, wider community, friends, colleagues - even strangers!

1. _____
2. _____
3. _____
4. _____



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STEP 2: Review and Take A Moment To Absorb Your Achievements

Now it's time to review your responses and absorb how it feels. Consider:

- How do you feel as you look over your lists? What are the highlights?
- What themes and patterns do you notice?
- If there was one thing that stood out, what are you most proud of this year? Circle it!

Now, it's time for the part we usually skip over...

- You've answered and reviewed the questions, now take a deep breath and really feel and celebrate all that you already are - and are becoming. Enjoy what you feel and absorb it. Stay here for 30 seconds, 60 seconds, two minutes.
- Relax and stay a while longer - proud of yourself, your achievements, what you learned and how you grew. *Recognize* yourself. See who you are and what you achieved this year!
- What are you saying to yourself right now that you would like to remember and hold onto?

STEP 3: Celebrate!

- To wrap up this exercise, consider what reward or treat would remind you that you worked hard, learned and grew as a person.
- What could you do that would *anchor the feeling* of gratitude and pride in yourself and all you achieved? Examples could include taking the day off to do something creative, buying a print, painting, scarf, tie or jewelry you admire. It could also be something small and symbolic ex. a small lion carving, an eagle fridge magnet, a chunk of amethyst, a special keyring etc.

TIP: It's good if it's something beautiful you will *see often*. This isn't about materialism, but *rewarding and celebrating you*. Choose something that *creates an anchor to remind you of this year, something special* that recognizes all your efforts.

Now, if you haven't already, all you have to do is commit to your reward or treat. It's important and symbolic. Remember that you're worth it!