



YEAR END WRAP

*Reflection brings the clarity that unveils
your path, so your new journey can begin!*

DEFINE DESIGN ALIGN



Reflect & Expand

4. Now write down ALL of the things you accomplished, changed, navigated or completed in your personal life this year. Let whatever comes flow onto the page.

5. How do you feel when you look at the above? (Highlight or bold the things that stand out the most).



Reflect & Expand

WORK/BUSINESS REFLECTION

6. Describe how you predominantly felt in your work this year?

7. What didn't work in your work and what will you do differently next year?

8. What worked really well in your work that you will carry forward into the new year?



Reflect & Expand

9. Now write down ALL of the things you accomplished, changed, navigated or completed in your work this year. Let whatever comes flow onto the page.

10. How do you feel when you look at the above? (Highlight or bold the things that stand out the most).



Reflect & Expand

11. As you move into the new year what do you know for sure you are DONE with?

12. How are you going to celebrate your high fives and lessons learned for this year? Be very specific and make comittment to when this celebration is going to happen.

CLOSING STATEMENT

Dear



Reflect & Expand

EXPANSION

1. How do you want to feel next year?

2. What are your top three greatest impact goals in your personal life?
 - 1)
 - 2)
 - 3)

When you look at your goals above, what stories, beliefs, fears, questions come up for you?

Now identify and write down the new story that will support you to achieve your goals.



Reflect & Expand

3. What are your top three greatest impact goals in your work for 2019?

- 1)
- 2)
- 3)

When you look at your goals above, what stories, beliefs, fears, questions come up for you?

Now identify and write down the new story that will support you to achieve your goals.



Reflect & Expand

OPENING LETTER

Dear...