

## ***Reflect on Last Year Questions***

### **Where did you succeed?**

What are you most proud of from your achievements in the past year? What were your wins? Celebrating even the small wins is important. Remember the times you were on top of your game.

### **What did you enjoy most?**

Are you passionate about your work? Your relationships? Make sure you are enjoying the journey *today*. It's important to enjoy yourself each and every day. If not, maybe it is time for a change in job, career, or relationship.

### **Where did you fail?**

Looking at your own failures can be tough, but it is a necessary exercise. If you want to move forward, you must be honest about where you were not successful. Maybe it was something that you didn't give your all, or perhaps something you said you were going to do, but didn't.

### What regrets do you have?

What opportunity did you pass up? Where do you wish you had spent more time doing? These questions can be painful to answer, but they can help you remedy them in the future.

### What lessons did you learn?

You should always be learning. What lessons did life teach you in the past year? Understanding them will help you grow and be ready for similar situations in the future.

### What will you do differently?

The one thing you can control is *yourself*. What will you do differently in the coming year? Don't blame others for your behavior. Your attitude is a choice, make sure you choose a good one and take 100% responsibility.

### **What is the status of your goals?**

Where do your goals stand? Did you reach them? Review each of your large goals and determine their status. Maybe you need to spend more effort on them, or even change them entirely.

### **What do you need to do more of?**

What do you need to spend more time doing? What activities and goals are not getting enough of your time? Maybe it's spending time with family. Or leaving the office on time each day. Or maybe it is simply being more organized.

### **What do you need to stop doing?**

What do you need to stop doing in the next 12 months? Maybe you have a bad habit (or two). Try replacing negative behaviors with new positive ones.