

## Looking Back and Planning Forward



As this year ends and the new year begins, it's important to look back and reflect on what's happened in order to plan ahead for 2019. The key with this simple exercise is to be real and honest with yourself. You don't have to share it with anyone, but if you have a coach or accountability partner, it's even better to share it with them.

One powerful question to ask yourself is this: **If I were to behave, or perform, the same way in 2018 as I do in 2019, would I achieve everything I want to?**

**Yes or No?**

**If not, what changes do I need to make in 2019 to achieve the outcomes I've set for myself?**

**Rank each area of your life to see where you might need more work.**

**(on a scale of 1-5; with 1 being the worst and 5 being best):**

- Exercise/Fitness:
- Nutrition:
- Career/Business:
- Finances:
- Relationships/Love:
- Family/Friendships
- Stress Management/Self Care
- Recreation
- Community
- Spirituality/Religion:

**What are my biggest wins in 2018? (list at least 10 - the more the better)**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**What are the biggest lessons from 2018?**

**Who were the top 5 people I spent the most time with in 2018?**

1.

2.

3.

4.

5.

**Are these people serving me to my highest self?**

Yes / No

**Who are 5 people that would best serve my higher self in 2019?**

1.

2.

3.

4.

5.

**If I were to look back on 2019 (one year from now), I would be most proud of accomplishing:**

**Do I have a plan to follow to achieve my goals and vision for 2019?**

Yes / No

**If yes, what is that plan?**

**If no, then do I know who to work with to help me get that plan?**

I will reach out to them on: (Date/Time)

**What obstacles may prevent me from moving forward?**

**How will I overcome those obstacles if they do occur?**

After going through this exercise hopefully you have a better understanding of how to set yourself up for success in the new year. Remember, we will never be perfect, it's about progress and constant improvement!!

