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COACHING

Hindsight (is) 2020

A Year In Review

- Celebrations
- Connections
- Changes
- Create

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What experiences or life-events are worth celebrating and why? These could span a few moments or moments that span over months. It could be a relationship, a gift, an opportunity, or a maybe even something worth celebrating on someone else's behalf. (List as many as you want)

Changes

What changes did you face this year? They may have been challenging, rewarding or a little of both. These aren't necessarily meant to be good or bad, but it's simply recognizing that change has occurred. With change comes loss because it's the nature of change and everyone reacts differently to it...some love it, some not so much. The change you experience may be big or small and how much it alters your life may vary, but the point is to acknowledge what has changed. (List as many as you want)



Really this is all about putting to pen and paper the **life lessons** you've learned from this past year. What did you learn from life's celebrations, changes & challenges? Did any of your values rise to the top of your priority list? What wisdom have you gained that you would you remind yourself of 5 years from now? (List as many as you want)

Create Growth

John Maxwell says, "Change is inevitable, GROWTH is OPTIONAL". What is the mental picture you're forming around who you want to be? What is your reason for becoming that person and how important is that picture to you? What are the areas of growth that you want to experience and what change do you need to create to make it happen? What steps will take you towards who you want to become? (List as many as you want)

One of the most difficult challenges with a reflection activity like this is to create smaller actionable steps that will take you towards the creative changes you want to make.

I'd love to provide an environment to help you process clearly and help you develop a strategy that will take you in the direction of who you you're becoming!

Schedule a COMPLIMENTARY Year in Review Coaching Session

<https://michaeldueckcoaching.setmore.com/>