

Year-End Reflection Opportunity

1. As you think back on 2009, what were your biggest “wins”?
2. In what ways did you move forward?
3. What’s different for you now than a year ago?
4. What was your biggest challenge this year?
5. What feels incomplete, unresolved or unfinished? What’s next with those items?
6. Overall, how would you rate (1-10) your energy level in each of these areas:
 - a. Emotional
 - b. Intellectual
 - c. Spiritual
 - d. Professional
 - e. Physical
7. What level do you want that energy to be in 2010?
 - a. Emotional
 - b. Intellectual
 - c. Spiritual
 - d. Professional
 - e. Physical
8. What do you want to acknowledge yourself for?
9. How will you celebrate the learning and growing that you did in 2009?
10. What’s next for you in 2010? What’s your intention for the year?

***Year's end is neither an end nor a beginning but a going on,
with all the wisdom that experience can instill in us. ~Hal Borland***