

NEW YEAR'S WORKSHEET Completing the old, Creating the New, Setting Goals

I. COMPLETING THE OLD

Looking at all the areas of your life, reflect on the past year:

1. List your Wins, Gains, and Breakthroughs – personally and professionally.
2. List all of your Losses, Disappointments, and Breakdowns – personally and professionally. (And accept them!)
3. What are 3-4 lessons you have learned this past year that you want to carry into next year? Here are some examples: I learned to let go of circumstances I cannot control or ask for help and support.

II. CREATING THE NEW

1. Imagine ahead to December of this new year. Make a list of your Wins, Gains, and Breakthroughs for this year, in each area of your life using the balance wheel below. Be specific and write them as if they've already happened. For ex: "I have a lucrative and satisfying career."



