

REFLECTION TOOL

Ending Well: Consider your life and our coaching engagement over the past few months and then complete these sentences:



The wisest decision I made...

The biggest lesson I learnt...

The THREE people who positively influenced me the most (outside coaching) were...

The BEST surprise of the year...

The most important thing I did for others...

The most significant thing I learnt about my heart and soul...

The thing I am most proud of...

The most significant thing I have discovered about myself...



The Year Ahead: Now let's look forward:

What THREE words would you like the next year to be all about?

How do you want to grow and develop in the next year?

What are you saying 'NO' to?

What are you saying 'YES' to?

What sources of life, energy & refreshment will make a difference when things get tough?

Who do you want alongside you in this journey?

It's been great to journey with you.

KEEP LIVING COURAGEOUSLY!

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