

# **Self Questionnaire:** **“ Your Year In Review ”**

**Coming to the end of another year is a good time to reflect. To help make the most of the year in review, here are some questions to ask yourself:**

- 1) What stood out for me about this last year personally and collectively?
- 2) What changes did I make?
- 3) What significant events, if any, altered my direction and influenced my decisions?  
How?
- 4) How did I grow as a person?
- 5) Am I better because of the changes or worse?
- 6) What intentions did I have for this year?
- 7) Did I achieve my last years intentions? If yes, why? If no, why not?
- 8) What areas of my life do I wish had more improvement this last year? Ex: Health; Finances; Relationship; Spiritual Progress; Creativity; Business. In what ways?
- 9) What accomplishments did I make of which I am proud?
- 10) Where would I like to be this next year?

**In clarifying where you have been, you might find more direction for where you want to be in 2010. Being grateful for the lessons learned and obstacles overcome, can open the mind and heart to new possibilities. To help support you in creating a more fruitful 2010, I am starting a new tele class on January 14th. To sign up visit: <http://www.thesoulcoach.net/whatsnew.html>**