



Every End is a New Beginning.

ANNUAL QUESTIONS FOR REFLECTION

Here's My Invitation:

Reserve time to sit quietly and cozy up with yourself. Create an environment that instills a sense of comfort and ease. Notice your breath. Slow the pace of your breathing and bring yourself present.

Write down thoughts, ideas and questions that are provoked by the following reflections. Take several moments with each question and pay attention to any resistance that bubbles up – those questions can offer great insight into areas for growth. Notice the questions that make your energy soar – they are gifts that reveal your power and something special about your gifts.

There is no right or wrong way to engage with the reflection. May this be a time to pause and connect with what matters to you and be a time to design your path forward.

I acknowledge you for taking this time to be with yourself, to refuel and pay attention to your life. This will serve you well and it will help you align your commitments to taking care of what you care about most.





Closing Out the Year

REFLECTIONS ON 2017

1.

What surprised me?

2.

How well have I expressed appreciation and gratitude this year?

4.

What were my successes?

3.

What were my biggest accomplishments and highlights for the year?

5.

How well did I treat myself?

6.

What was my relationship with money?

7.

How well did I treat others?

8.

What were my disappointments?

9.

What am I proud of?

10.

What were the greatest lessons I learned?

11.

What held me back from expressing my greatest gifts and talents?

12.

Who were the people I liked being with?

13.

How did I express myself creatively this year?

14.

Where was I most content and happy?
Who was I with?

15.

Who were the people
I just tolerated?

16.

What gifts did
I give?

18.

How do I see
myself differently?

20.

How did I live
my values?

17.

If this past year were
a movie, what genre
would it have been?

19.

How have my most
valued relationships
grown?

21.

What headline
would I give to this
past year?



22.

In what ways did I play small and safe?

25.

What would I do differently?

28.

What did I hold on to that held me back?

23.

What themes emerged during my year?

26.

What did I say 'yes' to or agree to that caused me pain or suffering?

29.

What or who no longer work for me?

24.

What inspired me?

27.

When did I have the most fun?

30.

What needs to be closed, concluded, released or surrendered before I can move easily and peacefully into the new year?



Looking at the Year Ahead

ASPIRATIONS FOR 2018

1.

How do I regard myself today?

2.

When I think about my future,
what do I care about?

3.

What do I hope for this new year?

4.

Which curiosities will I explore?

5.

How do I want to stretch myself?

6.

What will I eliminate?

7.

What thoughts and feelings
belong to the old me?

8.

How will I help my communities to prosper?

9.

What will I reduce?

12.

What is absolutely non-negotiable in my life?

15.

What will I say 'no' to?

10.

What creative endeavours will I pursue?

13.

What must I accept in order to move forward in my life?

16.

What do I want to learn?

11.

What will I preserve?

14.

What do I want to create?

17.

What do I want to look back on and feel proud of having achieved?



18.

Who do I want to surround myself with?

22.

What promises do I make to myself?

25.

What qualities will support me in being who I want to be and living the life that inspires me?

19.

How do I want to treat myself?

23.

What themes do I set for myself?

26.

What relationship will I have with money this year?

20.

How will I measure my success and progress?

24.

Who am I becoming?

21.

What small steps can I map out to begin paving the way forward?



27.

How healthy do I want to be?

29.

What risks do I anticipate could hold me back and how will I mitigate them?

28.

What could hold me back from growing and progressing?

30.

How do I want to regard myself at the end of this year?

MAY YOUR DAYS BE FILLED WITH PURPOSE,
HEALTH, PROSPERITY AND HAPPINESS.
HERE'S TO LIVING YOUR GOOD LIFE.

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