



Exercise 1: The past year

Three sentences about my past year

1. The wisest decision I made...
2. The biggest lesson I learned...
3. The biggest thing I completed...

Three questions about my past year

1. What are you most grateful for?
2. What were you not able to accomplish?
3. What is the best thing you have discovered about yourself?

My biggest accomplishment

1. List your greatest accomplishment from last year:
2. What did you do to achieve this?
3. Who helped you achieve this success? How?

My biggest challenge

1. List your biggest challenge from last year:
2. Who or what helped you overcome this challenge?
3. What have you learned about yourself by overcoming this challenge?

The past year in three words

Choose three words to define your past year:

- 1.
- 2.
- 3.

Working values:

- Personal values assessment: <https://personalvalu.es/>
- Work values: <https://www.icscareers.com.au/card-sort/>

Exercise 2: The year ahead

Six sentences about my next year

1. This year I will not procrastinate any more over...
2. This year I will draw the most energy from...
3. This year I will be the bravest when...
4. This year I will say "yes" when...
5. This year I advise myself to...
6. This year will be special for me because...

This is what my next year will be about

1. I want to achieve these three things the most.
2. These three people will be my pillars during challenging times.
3. I will dare to discover these three things.
4. I will have the power to say "no" to these three things.
5. I will connect with my network in these three ways.
6. I will reward my successes with these three presents.

Secret career wish

Unleash your mind. What is your secret career wish for the next year?

My word for the year ahead

Pick a word to symbolise and define the year ahead:

Exercise 3: Clarify the first steps - Silent coaching activity

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