



A TIME TO REFLECT ON 2016 AND LOOK TOWARDS 2017

Questions as we set our sights on 2017:

What were your most significant accomplishments in 2016?

What were your most significant disappointments in 2016?

What is one thing that – if I start doing in the next 12 months – will make me more successful?

What is one thing that – if I stop doing in the next 12 months – will make me more successful?

What are my self-limiting habits that are preventing me from achieving what I want to achieve?

What is your definition of success?

What are you willing to commit to doing in order to achieve this incredible goal?

What are you NOT willing to commit to doing?

What will these life categories look like to you one year from today?

1. Family:

2. Friends:

3. Spirituality/Morality:

4. Health/Fitness:

5. Finances:

6. Work:

7. Fun/Adventure:

Select the single most important goal from one of the seven categories.

Write down the category and goal:

Describe your progress toward achieving your goal at each of these points in 2017 (What will have happened? What will you have accomplished? What will remain to be accomplished?):

March 31, 2017:

June 30, 2017:

September 30, 2017:

December 31, 2017:

Write down the impact of NOT achieving your goal:

Write down the impact and how you will feel when you achieve your goal:

Discover **HER** Project