**~ Wrapped with Love ~ Worksheet 2 - December 2016**

Fill in this worksheet as a thought starter before you watch the teaching module, it will help you uncover what’s going on for you and where to focus this month. No need to judge or edit your answers – whatever is top of mind is absolutely perfect. There will be lots in the group on this - to get you nicely set up for January 2017 (Goals with Souls~) - this will get you nicely warmed up!

**Score each of these areas out of 10, with how satisfied you were with them in the previous year, with 10 being “super satisfied”, and 1 being “really sucked”:**

|  |  |
| --- | --- |
| **Area** | **Score** |
| Physical Health + Body |  |
| Living Environment |  |
| Career |  |
| Relationship/Partner |  |
| Friends/Family |  |
| Playtime/Hobbies/Fun |  |
| Money |  |
| Personal Growth |  |

**What am I most proud of in the year just passed?**

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**What is the most valuable thing I learned about myself last year?**

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**What do I wish I had done MORE of last year?**

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**What did I wish I had done LESS of last year?**

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**What was the worst thing about last year? What would I not want repeated? What did I learn from this experience?**

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**What three words sum up last year for me?**

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**What did I think I would achieve last year, but didn’t. Why not? What did I achieve that was unexpected?**

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**Who have been the most important and supportive people in my life in the last year?**

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**If I could change one thing about last year what would it be?**

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**The three things I am most grateful for in the year just passed are:**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Well done!*

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