**~ Queen Of My 2018 ~ Worksheet - February 2018**

In order to create an amazing 2018, it will REALLY serve you to look at the big picture of 2017 as a foundation. Take the time to make a cuppa and reflect below, on the DEEP DIVE REVIEW OF 2017:

**Farewell**

What would you like to farewell and leave behind in 2017? What have you outgrown? Perhaps it’s a relationship, or a social situation or obligation. Maybe you feel ready for a new career or a new location. What would you like to farewell, and gently close the door on?

|  |
| --- |
|  |

**Gratitude**

What are you most grateful for in 2017? What worked out well for you, better perhaps than you anticipated? Who came into your life or stepped up in your life in a way that enhanced it? To what and to whom do you feel appreciative for their contribution to your life in 2017? Have you told them?

|  |
| --- |
|  |

**Accomplishments**

What were your proudest achievements last year? Where did you give the most of yourself? When did you push yourself out of your comfort zone? Where and how did you grow? What are you finest accomplishments of the year?

|  |
| --- |
|  |

**Lessons**

What did you learned this year? About yourself? About others or the world? What do you want to repeat? Do more of? Less of? What worked? What didn’t? Why? What lessons do you wish to take from 2017?

|  |
| --- |
|  |

**Giving and Balance**

Where did you give the most of yourself in 2017? Are you happy with where you put the share of your time, energy and attention? Are there areas where you wish you had invested more? Where do you wish you had given less? Where do you wish you had given more support? Where do you, on reflection, think you could have got more support? What are three ways you would like to balance your time or energy distribution differently in 2018?

|  |
| --- |
|  |

**Highlights**

What were the best feeling moments of 2017? What are the highlights you will remember for life? Who and what made them special and why? What three words sum up 2017 for you personally?

|  |
| --- |
|  |

*Taking time, out of the hamster wheel frenzy of doing, to pause and reflect is so important.*

*Effective change and growth comes from awareness of what’s working for us, and what is not. If we wish for a better tomorrow it is best built on the foundations of the lessons of today. I hope you can take a little time to reflect on a good year well lived, and to build some anticipation for the new one we have just entered, with the resolve to fill it with the best in 2018.*

