**~ Goals with Souls ~ Pre-Worksheet - February 2020**

**The 6 questions you need to ask yourself to review 2019**

Here are the 6 key thought starters for you to ponder to bring 2019 to a considered close and set yourself up with a strong foundation for the best of all things in 2020.

1. **Farewell**

What would you like to farewell and leave behind in 2019? What have you outgrown? Perhaps it’s a relationship or a social situation or an 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?

|  |
| --- |
|  |

1. **Gratitude**

What are you most grateful for in 2019? 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 2019? Have you told them?

|  |
| --- |
|  |

1. **Accomplishment**

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 were your finest accomplishments of the year?

|  |
| --- |
|  |

1. **Lessons**

What did you learned last 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 2019?

|  |
| --- |
|  |

1. **Giving and Balance**

Where did you give the most of yourself in 2019? 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 2020?

|  |
| --- |
|  |

1. **Highlights**

What were the best feeling moments of 2019? What are the highlights you will remember for life? Who and what made them special and why? What three words sum up 2019 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 celebrations and lessons of today.*

*I hope you have enjoyed reflecting on 2019 – and are ready to dive into the Goals With Souls mini-course to set yourself up for the BEST 2020*

**