

How was 2023 for you?

FILLINABLE
AND
PRINTABLE
WORKBOOK



www.louisetompson.com

The 6 key questions you need
to *review 2023*
and *crystallise what's important* for 2024

HOW WAS 2023 FOR YOU?

Hello There...!



Taking time out of the frenzy of 'doing' to pause and reflect, is SO important. Effective change and growth comes from awareness of what IS working for us and, just as crucially, what is not.

This workbook will ask you just SIX questions, which will allow you to review, in a really efficient way, just how 2023 has treated you.

It won't take you long, but the insight could shape the whole of the next year to come. Valuable 'AHA!' moments await!

If we wish for a better tomorrow, it is best built on the foundations of the lessons of today.

LOUISE THOMPSON
MASTER COACH
SPEAKER
AUTHOR



HOW WAS 2023 FOR YOU?

1. FAREWELL

What would you like to bid farewell to and leave behind this year? 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 say goodbye to and gently close the door on?

2. GRATITUDE

What are you most grateful for this past year? 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 this year? Have you told them?

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3. ACHIEVEMENT

What are your proudest achievements this 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 your finest accomplishments of the year?

4. LEARNING AND LESSONS

What have 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 this past year?

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5. BOUNDARIES AND BALANCE

Where did you give the most of yourself this year? 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? How could you balance your time or energy distribution differently in the New Year?

6. HIGHLIGHTS

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

HOW WAS 2023 FOR YOU?

There will be some revealing themes running through your answers. Note what you have learned below, and any intentions or decisions for what you desire next year.

The themes I have observed in my answers are....

Whats coming to the surface for me for 2024 is....



Let these insights sit for a while, play with them in your mind and follow the most intriguing line of thought...allow yourself *permission* to want for yourself what you REALLY want. If you would like my support to make that happen I'd love to work with you. You simply cannot do better than joining my Coaching Academy! Deets below.

Love Louise x

MASTER COACH. AUTHOR. SPEAKER.



WORK WITH ME!

Check out my low-cost, high-impact life coaching academy