

MOVING AHEAD



TRANSITIONING FROM ONE YEAR TO THE NEXT

T2 The People
Performance
People

A YEAR IN REVIEW

The Big Picture

1. Describe your year in 3-5 words.

2. What did you hope would happen in the past year vs. what happened in reality?

3. Compared to this time last year, are you:

- | | | | |
|---------------|--------------------------|---------------|--------------------------|
| Richer | <input type="checkbox"/> | Poorer | <input type="checkbox"/> |
| More Stressed | <input type="checkbox"/> | Less Stressed | <input type="checkbox"/> |
| Happier | <input type="checkbox"/> | Sadder | <input type="checkbox"/> |
| More Healthy | <input type="checkbox"/> | Less Healthy | <input type="checkbox"/> |

3. What was the best decision(s) you made?

A YEAR IN REVIEW

The Highs

1. What areas of your life were successful this year?

2. List your top 3-5 accomplishments.

3. What do you wish you'd done more of?

4. What was your most exciting or happiest moment?

A YEAR IN REVIEW

Relationships

1. Who were the 5 people that you spent the most time with?

2. Who was the number 1 'go-to' person that you could rely on?

3. Which relationship had the biggest impact on you - positive or negative?

4. Who was your favourite new person that you met?

5. What relationships dwindled and why?

A YEAR IN REVIEW

Career

1. What were your top career accomplishments throughout the year?

2. What if anything do you wish you'd done differently this year?

3. What's the biggest thing that has changed over the past year?

4. What was your biggest learning moment?

5. What new skills can you add to your CV or what have you improved on?

A YEAR IN REVIEW

Experiences

1. What were your top career accomplishments throughout the year?

2 What moment, lesson, or experience would you tell others about?

3. What new experiences did you have?

4. What did you want to experience but didn't?

5. What experiences did you have that you want to do again?

THE YEAR AHEAD

Now, focusing on the year ahead, take a look at the different areas of your life and, for each of them, decide your goals for this next year.

Relationships

Finances

Career

Social Life

Emotional Wellbeing

Love

Environment

THE YEAR AHEAD

3 is the Magic Number

3 things I will love about myself.

I am ready to let go of these 3 things.

I want to achieve these 3 things.

I will say no to these 3 things.

I will visit these 3 places.

THE YEAR AHEAD

3 is the Magic Number

3 things I will treat myself to.

I will say yes to these 3 things.

3 things I will put more effort into/spend more time on.

At the end of the year, these 3 words will sum up my year.

The 3 words that will describe me this year.



**Inspiring Learning & Development
Programmes For Your Teams**

Developing Insight, Developing
People, Inspiring Change

Tel: 01482 488080

Website: www.trans2performance.com

Follow us:

