



Completing 2018 And Creating 2019

Reflection

Reflect on 2018 and the various aspects of your life. What were your biggest triumphs? What were the smartest decisions you made? What were you happiest about completing?

What were the biggest risks you took? What were the greatest lessons you learned?

Make a note of the aspects of your life that you focused on most in 2018 and list the buckets below. What did you focus most on? Was it your health, relationships, community, career, or something else?

Is there an aspect of your life that is important to you that is missing on this list? Is there a bucket you want to add to your life in 2019?

Action

What is your biggest piece of unfinished business? What do you need to do or say to be complete in 2018?

Creating Intention

Flash forward to 2019 and take a moment to jot down the buckets of your life below. With respect to these, what would you like your biggest triumphs of the year to be? What will you be happiest about completing by the end of the year?

What advice would you like to give yourself for 2019? What are you looking forward to learning? What about your life are you most committed to changing and improving? What underdeveloped bucket are you willing to explore in 2019?

What one word or phrase would you like to have as your theme for 2019?