



POTENTIAL PLUS  
INTERNATIONAL

## End of Year Reflection Questions

### Questions to ask yourself:

What am I most proud of about this last year?

What have I accomplished? Why was I able to achieve this?

What were my biggest disappointments?

What have I learnt about myself when tackling these challenges?

What changes have happened this year that I am happy about?

What have I neglected this year and what have I missed?

What makes me happy?

What are my priorities for my home life?

What are my goals and priorities for my career or business?

What do I need to be at my best?

What needs to happen to make next year the best year ever and whose help do I need to make that happen?

*To find clarity on your vision and aspirations and create a compelling action plan, why not consider our one-to-one Vision Intensive Programme. Undertaken over six weeks, with a full-day retreat and two pre and post coaching sessions, this intensive course condenses our six-month coaching programme into a focused 12 hours of reflection, creativity and action. Designed for business leaders, entrepreneurs and individuals who want to clarify and achieve their ideal future.*

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