



TOPIC: GOAL SETTING AND STAYING ON TRACK
TITLE: END OF YEAR REVIEW

"The life which is unexamined is not worth living." — Plato

As we close out the year and embark on a new year filled with opportunity, it's important to stop and take stock of what's happened in 2001 so we can decide where we want to go in 2002. The process of self-reflection isn't just about looking at what we accomplished, at what worked or what didn't. It involves looking at what we learned, what challenges we faced and how we can create a vision for 2002 and beyond.

Many of us operate on autopilot, with one day leading inevitably to the next. The holidays seem to appear suddenly and a new year looms — one in which we want to do the things we didn't have a chance to, make the changes in our lives that we wanted to, or make this the year we achieve our dreams. This can happen for each of us if we take the time to create a vision, a plan and a support system to help us reach our goals. That is my wish for each of you. To help you begin, I've listed several questions to walk you through this process.

What was the theme of your year 2001?

What were your goals or intentions for this year?

What three lessons did you learn in 2001?

- 1.
- 2.
- 3.

What were your biggest wins in 2001?

What were your biggest challenges?

What factors contributed most to your success? To your failures?

Which personal qualities did you develop this year?

What would you like to let go of as you enter 2002?

What would you like to choose as the theme for 2002?

What are your top three intentions and goals for the upcoming year?

- 1.
- 2.
- 3.

continued on next page



TOPIC: GOAL SETTING AND STAYING ON TRACK
TITLE: END OF YEAR REVIEW

What personal qualities would you like to develop in 2002?

What is your vision for the various areas of your life in 2002?

Family

Health and Wellness

Professional

Financial

Spiritual

My challenge for you over the next few days is to look honestly at your life and create a vision for 2002 that encompasses every area of your life. Make the commitment to live your vision and goals next year, and turn them into reality.

Best wishes for a happy, healthy and safe holiday season and a prosperous new year!