



Exercise 1: Review, Reflect, Release

Don't be tempted to skip this one...it is well worth your time.

To get the most out of this exercise, set aside a bit of time to find a quiet place to eliminate distractions and avoid being interrupted.

What 3 words would you use to describe your results this year?

As you look back on this year, what were the positives and negatives? List at least 3 of each:

Write down 3 things you would have done differently this year:

Write down 3 things that you did well this year that you can be proud of or got good results with:



Exercise 1

(CONTINUED)

Write down one thing from this year that held you back that you will stop doing:

Write down one thing from this year that is getting results that you will continue doing:

“Behind every successful (wo)man there’s a lot of unsuccessful years.”

- Bob Brown

Congratulations!
You’ve completed Exercise 1.
Please continue to Exercise 2.