

New Year's Resolutions

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Taking the time to reflect first... Worksheet.

Follow the six questions. Answer in full sentences and paragraphs. Remember to give yourself the time to go with the flow.

1. In what specific ways do my business and life look different from a year ago?

2. What am I most pleased or proud of for the past year?

3. What am I worried about for the year ahead?

Continued...

4. What would I like this year to be about?

5. What are the big challenges I'll likely be facing?

6. How am I going to meet those challenges?