



What happened this year?

Working with a partner, ask them the questions below one at a time. Ask all the questions then swap.

Give time for reflection, allow them to answer each question, you can write down their thoughts. Remember you bring your whole self to work.....


- What worked?
- Which of your personal qualities turned out to be the most helpful this year?
- Who needs to be acknowledged?
- What were the stand out, peak moments for you this year?
- What didn't work?
- What was your biggest time waster this year?
- Which worries turned out to be completely unnecessary?
- What are you most grateful for this year?
- What do you deserve a pat on the back for?
- Describe 2017 in 3 words



+44 7803 854 293

Kirsty.lewis@schooloffacilitation.com

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www.schooloffacilitation.com



## New year, New You 2018

1. What do you want the overarching theme for your 2018 to be?
2. What do you want to see, discover, explore?
3. Who do you want to spend more time with in 2018?
4. What skills do you want to learn, improve or master?
5. Which personal quality do you want to develop or strengthen?
6. What do you want your everyday life to be like?
7. Which habits do you want to change, cultivate or get rid of?
8. What do you want to achieve career-wise?
9. How do you want to remember the year 2018 when you look back on it 10 years from now?
10. What is your number one goal for 2018?



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