



Signy Wilson

2012 YEAR IN REVIEW

Looking back:

1. What are your highlights, breakthroughs, and big ah ha's from this year that you are celebrating? How will you celebrate these?
2. What are your valleys and disappointments from this year? Which of these do you need to let go of?
3. How did the year turn out in comparison to how you wanted it to be?
4. What deep learning about yourself do you want to acknowledge?
5. What do you want to complete before the end of the year?
6. Write a gratitude list expressing what you are most grateful for in your life.
7. What destructive patterns are you willing to end?
8. What worked this year that you want to maintain into next year?

Looking forward:

1. What future is calling you?
2. Where/how do you want to stretch yourself in the coming year?
3. Who are you becoming and what more of you do you want to express?
4. Are there specific achievements and accomplishments that you want to hit in this upcoming year?
5. How will you celebrate yourself in this New Year?
6. In what area(s) of your life do you want to reclaim your power and authority?

