



# Triumphs, Risks, and Surprises: A Year at a Glance

## **Part 1 - A reflection exercise for you**

Every year, I encourage my clients to answer a series of questions that help them pause and reflect. Regularly pausing, reflecting, and planning is essential for our mental well-being, personal fulfillment, and goal setting—especially this time of year when we have the benefit of reviewing a year at a glance.

This is one of my favorite lists of questions that I use almost every year. I have author David Allen to thank for these; he's the *Getting Things Done* guy. He posted them a long time ago in his blog, and I've been using them ever since.



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- **What was your biggest triumph this year?**
- **What was the smartest decision you made this year?**
- **What one word best sums up and describes your experience this year?**
- **What was the greatest lesson you learned this year?**
- **What was the most loving service you performed this year?**
- **What is your biggest piece of unfinished business for the year?**
- **What are you most happy about completing this year?**
- **Who were the three people that had the greatest impact on your life this year?**
- **What was the biggest risk you took this year?**
- **What was the biggest surprise?**
- **What important relationship improved the most this year?**
- **What compliment would you like to have received this year?**
- **What compliment would you like to have given and to whom?**
- **What else do you need to do or say to be complete with the year?**



Now thinking ahead, consider the following:

- **What would you like to be your biggest triumph next year?**
- **What advice would you like to give yourself in next year??**
- **What is the major effort you are planning to improve your financial results next year?**
- **What would you be most happy about completing next year?**
- **What major indulgence are you willing to experience in next year?**
- **What would you most like to change about yourself in next year?**
- **What are you looking forward to learning next year?**
- **What do you think your biggest risk will be in next year?**
- **What about your work are you most committed to changing and improving in next year?**
- **What is one as yet undeveloped talent you are willing to explore next year?**
- **What brings you the most joy, and how are you going to do or have more of that next year?**
- **Who or what, other than yourself, are you most committed to loving and serving next year?**
- **What one word would you like to have as your theme next year?**

If you found these questions helpful, then check out part two of this series, where I share questions to discuss with your team, and part three, an exercise that helps you bring these reflections to life.

