



Year-End “Process Check” Exercise

Reflect & Celebrate 2010, Anticipate & Set Intentions for 2011

1. Think back on 2010; what were my biggest “wins”?

2. In what ways did I move forward?

3. What’s different for me now than a year ago?

4. What was my biggest challenge this year?

5. What feels incomplete, unresolved or unfinished? What’s next with those items?

6. What’s one word that sums up 2010 for me?

7. Overall, how would I rate (1-10) my energy level in each of these areas:
 - a. Emotional
 - b. Intellectual
 - c. Spiritual
 - d. Professional
 - e. Physical

8. What level do I want that energy to be in 2011?
 - a. Emotional
 - b. Intellectual
 - c. Spiritual
 - d. Professional
 - e. Physical



9. What do I want to acknowledge myself for?

10. Where do I want more consistency in my life?

11. Where do I want more commitment?

12. What do I want to STOP doing? What do I want less of?

13. What is my answer to every question? (for example, “Go Big!” “Yes!” or “What will bring me ease and flow?”)

14. What’s one word that embodies my spirit or attitude about 2011?

15. How will I celebrate/acknowledge the learning and growing that I did in 2010?

16. What’s next for me in 2011? What’s my overall intention for the year?

17. When I am doing this same exercise in December 2011, what am I going to be celebrating?