



Year Review

REVIEW REFLECT RESET

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Take your **DREAMS** to Reality

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NEW YEAR – NEW YOU

As each year passes, be filled with gratitude from the people you love in your family, your friends' circle and loved ones.

The right people come into your life for all the right lessons. All the individuals and lessons will give you the strength to grow to become a better person in the following year.

You can thrive and grow each year flowing with the right energy, love and happiness with positive thoughts about your future and your destiny.

I hope your future brings you all love, peace, success and happiness.

YEARLY REVIEW

Please review your last year and make a change in your life before you make plans for your best year yet. Before change comes into your life, it is essential to address your current life and then plan for your desired life. See below the key questions you should ask yourself and examine writing down your answers.

Review questions:

1. Review what you learnt last year - what were your biggest lessons?
2. What three things were you proud of?
3. What smart decisions did you make?
4. What bad decisions did you make?
5. Who had a significant influence on you over the past year?
6. Who did you try to please?

7. Who has inspired you? And Why?

8. What three things were you grateful for?

9. What and who did you take for granted last year?

10. What was your greatest challenge - what did you learn from it?

11. What most significant change did you make?

12. What were your most significant risks in the last year?

13. What did you bounce back from that was a struggle for you?

14. What personal improvements did you make?

15. What would you do differently healthy ways?

16. What do you need to do less next year?

17. What do you need to do more of next year?

18. What sums up your last year's experiences?

YOUR NEW YEAR: Increase your self-awareness, state of mind and challenges

These following life questions will develop you and your self-awareness further. The questions will guide you to assess big decisions in your life, focusing on critical areas that you wish to change.

All questions are categorised into six areas of your life:

- 1. Healthy Mind**
- 2. Healthy Body**
- 3. Healthy Relationships (Partner, Family, Friends & Community)**
- 4. Healthy Finances - Career - Business**
- 5. Healthy Soul – Spirit**
- 6. Healthy Lifestyle**

These key questions are developed using a combination of top transformational coaches, authors and my training and coaching experience. These questions will lead you to answers, commitment and inspiration for change. Your responses will contain plenty of questions to tap into the inner wisdom that you can use to live a life that you can be proud of.

Transformation comes within, and these questions will guide you and your clients to answers that are deep in the subconscious. The right questions at the right time can genuinely support a person who has big decisions to make and need a change in their life.

Please use this Review to support you to grow personally and professionally – to take you closer to your desired life that will give you more love, joy and happiness.

Healthy Mind

1. What are your feelings at the moment?
2. How do you feel right now about this year ahead?
3. What have you done for yourself in the past year?
4. What do you love doing?
5. What three things do you need to do more of next year to have a better year?
6. What areas of your life do you want to change and support in your life at the moment?
7. What is your dream life?
8. What do you want from life?
9. What goals do you need to set yourself?

10. What emotions are attached to your goals? How do you want to feel when you have achieved your goals?

11. What action do you need to take to achieve your goals?

12. What are you going to commit to?

13. What person do you need to become to achieve your goals?

14. Do you believe in yourself?

15. What are your strengths?

16. What are your weaknesses?

17. What are your excuses?

18. What are your barriers?

Healthy Body

19. What would you like to change about your body?

20. Have you a healthy body?

21. Have you got healthy habits in your life?

22. What new habits do you need to stick too?

Healthy Relationships - Partner

23. Are you single or in a relationship?

24. What does a healthy relationship mean to you?

25. What have you learnt from previous relationships?

26. What would you change about your current relationship and situation?

Healthy Relationships - Family

27. What is your relationship like with your family?

28. Who creates the most conflict in your family? Why?

29. What role do you play in this conflict?

Healthy Relationships – Friends

30. Do you have a close friends circle?

31. How do you describe your relationship with your friends?

Healthy Relationships - Community

32. What is your community like where you live?

33. Do you have a good support and networking circle?

Healthy Finances - Career - Business

34. Are you happy with your career - business?

35. What lessons have you learnt about yourself from your career/ business?

36. Do you have a career plan?

37. What is your dream job?

38. What holds your back from your dream job?

Healthy Soul – Spirit

39. Describe yourself without using a work role or a label. Who is the real you?

40. How do you feel about yourself?

41. What is your role/ contribution to the world or universe?

42. What are you passionate about?

Healthy Lifestyle

43. What makes you happy in your spare time?

44. What do you regret in life?

New Year

A new year is a chance to create a new you. Take lessons and improve your life and don't carry the struggles of the previous year into your New Year.

Make a change, make the right choices, take responsibility and take chances. You are never too late to set new dreams, new goals and live a new life.

NEW YOU - never be afraid to start over as – it's a chance to rebuild your life the way you wanted all along.

Save yourself – by destroying the old story of you – prisoner of love, prisoner of hate, prisoner of abuse.

EVERY story has an end but every – but every end has a new beginning

WHAT is your passion – have you talked about it, do you know-how

YOU: Responsibility to contribute to society– New You this year.

EXCUSES: No excuses – only see results. Thoughts – create happiness and create our life

AIM for a new year new chapter – best year yet. If you keep telling the same sad story, you will keep living the same miserable life. Make a new ending and a new life that you dreamt of. Limiting beliefs hold you back.

RESULTS: Focus on results/ end in mind.

- Positive.
- Fundamentals of health & happiness
- What area of your life, so you need to improve?
- What big changes do you want and need to make?
Self, friends, relationships, work, lifestyle,
- What is critical to your happiness



Wake up with gratitude, love and realistic goals. Go to bed with satisfaction to have achieved them.

Exercise: Write your goals for this NEW YEAR

- Write all goals with positive intentions.
- Write about activities and things you want to do or achieve as well as the emotions you want to feel.
- Make a dream board with visuals to help visualise goals daily, so you can keep focus.
- Remember your intentions – The WHY and the purpose behind your goals.
- Make your dreams become REAL and CREATE THE LIFE YOU WANT.

➤ Mindset Goals: Learning / Self-talk you need for this year

➤ Health Goals:

➤ Relationships Goals:

➤ Work /Career /Busines Goals:

➤ Spirituality Goals:

➤ Lifestyle Goals:

**If you COACH
with me
I will have you
believe in
yourself more
and that
anything is
possible**



**FURTHER SUPPORT AVAILABLE:
NEED HELP TO WORK THROUGH YOUR YEAR REVIEW
NEED HELP SETTING GOALS?
Book a 1-1 coaching session
or download my Art of Living Transformation workbook**

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