



Year Review

REVIEW REFLECT RESET

www.elainecurrycoaching.com

Take your **DREAMS** to Reality

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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 habits do you need to stop?

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

Healthy Relationships - Partner

24. Are you single or in a relationship?

25. If single - Would you like a love life? Are you actively seeking love in your life?

26. If in a relationship – Is it a healthy relationship?

27. How do you describe your relationship ?

(i.e. needy, loving, two-way, compassionate, thoughtful, caring, fun, joyful, respectful, trustworthy)

28. What does a healthy and great relationship mean to you?

29. What have you learnt from previous relationships?

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

Healthy Relationships - Family

31. What is your relationship like with your family?

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

33. What role do you play in this conflict?

34. What changes would you like in your family this year?

Healthy Relationships – Friends

35. Do you have a close friends circle?

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

(i.e. needy, loving, two-way, compassionate, thoughtful, caring, fun, joyful, respectful, trustworthy)

37. Would you like to change your social circle and what would you seek in future friendships?

Healthy Relationships - Community

38. What is your community like where you live? Are you connected? How?

39. Would you like to be more connected? What could you do more of?

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

41. Would you like to increase your social circle? What could you do more of?

Healthy Finances - Career - Business

42. Are you happy with your career /business?

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

44. Do you have a career plan?

45. Are you found your life purpose? Joy job?

46. What is your dream job?

47. What holds your back from your dream job?

48. What 3 things would you like to do this year – to make a difference or offer your community, society or offer the world?

49. Do you have financial and no financial goals?

Healthy Soul – Your Spirit and Your Character

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

51. How do you feel about yourself?

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

53. What are you passionate about?

54. What is your definition or meaning in life?

55. Do you have a life mission/ passion?

Healthy Lifestyle

56. What makes you happy in your spare time?

57. Do you have any regrets in life?

58. What do you want to do more in your leisure time?

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:

A New You SECRETS OF MOTIVATED PEOPLE

1. **When you make a plan, anticipate bumps:** Before even trying to achieve a goal, target potential pitfalls and troubleshoot them. People who plan for obstacles are more likely to stick with projects than those who don't.
2. **Self-belief: Fire your genius zone:** A person's drive is often based on what they believe about their abilities, not on how objectively talented they are. The belief that they can accomplish what they set out to do always perform better than those who don't.
3. **Don't let your goals run crazy:** When your sights are too ambitious, they can backfire badly, burn you out, and become demotivating. Instead of aiming unrealistically high (such as trying to save enough money for a down payment on a home in six months), set goals that are a stretch but not an overreach (come up with a good savings plan and budget).
4. **Work on goals every day:** Taking small steps every day will not only help hold your interest in what you're trying to achieve but will also ensure that you move slowly towards your goal.
5. **Go public with it:** Instead of keeping your intentions to yourself, make them known to many. "Other people can help reinforce your behaviour. Tell people on Facebook, tell your friends and family.
6. **Lean on a support when you struggle:** Buddy up with another likeminded person with similar goals. Think of the friends and family who truly want to see you succeed. Motivating friends that support you. Choose people who may have seen you fail in the past and who know how much success means to you, grow with each other.
7. **Make yourself a priority:** Put your needs first, even when it feels utterly selfish. You will derail your progress if you sacrifice yourself for others all the time. Pleasing others. Are you at the bottom of her priority list?
8. **Challenge yourself**—and change things up a bit. It's hard to remain enthusiastic when everything stays the same every day.
9. **Keep on learning.** To refuel your efforts, Enjoying the process of getting to the goal. Perfect skills, attend workshops, learn and study.
10. **Remember the deeper meaning. WHY?** You're more likely to realise a goal when it has true personal significance to you. Learn a language; I cook so I can have dinner parties, I want to lose weight to play with my grandkids more and live a healthy life. More money to spend quality time with my family. Not all dedicated gym-goers love working out, because they have a deep desire to be healthy, they exercise week after week. Reaching goals should be worthwhile.

**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 Life Transformation workbook**

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