

End-of-Year Inventory

Lots of people make New Year's Resolutions, but most people don't take the time to reflect on the year that has passed. As a new year begins, we're often in such a hurry to "fix" ourselves and our lives that we don't stop to take stock of the year that's ending. Often, we just make last year's resolutions over again, and end up a year later in the same situation with the same goals and the same frustrations.

When you hurry ahead into a new year without looking back, you're likely to miss out on reaping the benefits of the previous year. And without a structured reflection, you may never recognize, remember, or give yourself credit for all your efforts and accomplishments!

Here's a tool that will help you harvest the learning and "gold" from the year that's drawing to a close.

Set aside about an hour, and find a comfortable spot where you can work uninterrupted. Write down answers to the following prompts. You might write more than one answer to each prompt.

.....
Something I accomplished this year

Something I learned or remembered about myself this year

Something generous I did for someone else this year

Someone who helped me this year, and how

Something that surprised me this year

Someone new who came into my life this year, and what that meant for/to me

A person or an experience who/that was a great teacher for me this year

A skill I developed this year

A question this year brought up for me

A contribution I made at work/in my career this year

A risk I took this year

A choice I'm glad I made this year, and why

A choice I regret making this year, and why

An opportunity I took advantage of this year

An opportunity I missed or didn't take full advantage of this year

An obstacle I broke through or removed from my life this year

Someone or something I wish I'd "shown up for" better this year

Something that made me feel lucky this year

Something I didn't appreciate enough this year

Something that made me laugh this year

Something fun I did this year

Someone I forgot to thank this year

Something I let go of this year

Something I wish I had taken action on this year (but didn't)

What I am most proud of this year

Adjectives/qualities that best describe *who* or *how* I was this year

Something I always want to remember about this year

A word that encapsulates this year: This was the year of _____.

.....
Based on what you wrote and/or discovered, what specific, manageable action steps do you need to take to feel “complete” with the year?

Based on what you wrote and/or discovered, what made this year a *success* for you—a step forward on your path in life?

Based on what you wrote and/or discovered, what do you want to *keep* doing or *repeat* from this year?

Based on what you wrote and/or discovered, what do you want to *stop* doing or *change* in the coming year?

Based on what you wrote and/or discovered, what do you want to *start* doing in the coming year?

Based on what you wrote and/or discovered, what has this past year set you up to achieve or take on next year?

Congratulations on taking the time to reflect on this year! Here's to a wonderful new year ahead!

I WANT MORE, CARRIE!

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Subscribe now and get a welcome gift that will help you hit the ground running in the new year. Subscribe here: <http://eepurl.com/soYkf>

Ready to make change in the new year?

If **you** are ready to create the career, relationships, or life of your dreams, **I** am ready to help you. Sign up now for a **“Best Year Ever” private coaching session.**

This is a *specially priced session* that will help you to:

- => get clearer on your goals and vision for the year ahead, so you know what you want and where you're headed
- => uncover any challenges that could be slowing you down or sabotaging you
- => identify some approaches we can take to achieve your goals
- => [OPTIONAL] get an overview of the process and structure I use with my clients, which will help you decide whether you'd like to hire me as your coach
- => and leave the session with more energy, motivation, and commitment to really make your goals happen.

No matter what you'd like to change or achieve in the new year, this session is the perfect next step to get you there. I'm currently offering it to you at a special rate of just \$95.

You'll call me via phone or video conference for our session, so you can have your session from anywhere in the world.

Click here to email me and schedule your **Best Year Ever session** now:

carrie.spaulding@gmail.com

In your email, tell me:

- That you found this offer through my End-of-Year Inventory and want to secure the \$95 rate
- Three dates and times you're available for our 90-minute session

I will respond to your email within two business days.