

Inside-Out Coaching



SET YOUR NEW YEAR COMPASS

2022-2023 YEAR REVIEW & PREVIEW
COACHING EXERCISE



Set Your Compass for the Year Ahead

Your 2022 Review & 2023 Preview

2022 Review & Highlights

Write your achievements and gifts of learning during 2022

<p>Name your top 5 achievements in 2022? Big or small, what are you most proud of?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Name 5 challenges you overcame in 2022? Big or small, how did you help others?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>What did I learn from my career / main life role in 2022? A skill, an 'aha', a lesson learned?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What did I learn about myself in 2022? Strengths, weaknesses, talents, values, hopes, triggers?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>YOU in 2022</p>	<p>What new or existing relationships did I develop? With whom did you grow your relationship?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What did I create or bring in the world in 2022? Big or small, how did you help others?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>How did I make a difference in the world in 2022? Big or small, how did you help others?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Where did I have the most fun in 2022? What did I enjoy the most? Anything that made your heart sing!</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>

Write a newspaper headline that summarises your 2022.



Set Your Compass for the Year Ahead

Your 2022 Review & 2023 Preview

2023 Preview & Preparation

Write what you'd like to learn and achieve in 2023

What top 5 things do I want to achieve in 2023?

What would make YOU proud?

1. _____
2. _____
3. _____
4. _____
5. _____

Name 5 challenges you anticipate in 2023?

What do you expect to be hard or challenging?

1. _____
2. _____
3. _____
4. _____
5. _____

What do I NEED to learn in 2023?

What do I need to know or grow?

1. _____
2. _____
3. _____
4. _____
5. _____

What do I WANT to grow or learn about myself in 2023?

Where will you stretch your learning edges?

1. _____
2. _____
3. _____
4. _____
5. _____

YOU
in
2023

What relationships would I like to make and develop?

Who inspires, motivates and supports you?

1. _____
2. _____
3. _____
4. _____
5. _____

What do I want to bring to the world in 2023?

Big or small, what do you want to create?

1. _____
2. _____
3. _____
4. _____
5. _____

How specifically will I make a difference in 2023?

Big or small, how will you help others?

1. _____
2. _____
3. _____
4. _____
5. _____

Where will I enjoy myself and have the most fun in 2023?

How will you play and resource yourself in all life areas?

1. _____
2. _____
3. _____
4. _____
5. _____

Write a newspaper headline to summarise your best 2023 - what would it say?



Set Your Compass for the Year Ahead Your 2022 Review & 2023 Preview

Exercise Instructions

EXERCISE INSTRUCTIONS:

- Set aside 30-45 minutes and find somewhere soothing where you can allow yourself to be fully present with this exercise.
- Answer the questions in this exercise to 1) Review and identify your 2022 highlights and 2) Prepare and set the scene for your 2023 goal setting!

Tips: Do your best to identify the full 5 items for each question - and answer from the heart. This isn't about what looks good on paper but what YOU are proud of - however small or unimportant it might seem to others.

Spend extra time looking for gifts of appreciation, learning and growth in anything from last year that your inner critics would label as 'bad'.

- Try and reflect with hindsight and compassionate curiosity on what positive learning you can take from these, more challenging events. Think of it as making rich compost out of poop!
- Once you have identified gifts of learning and growth in the last year, regardless of how you originally viewed, judged or labelled each event, consider what seeds you want to take forwards into next year and plant in that compost.
- What will you commit to doing to nurture those seeds as they grow?

CELEBRATE:

- To wrap up this exercise, what reward or treat would remind you that you worked hard, learned and grew as a person? What could you do that would create and anchor a feeling of gratitude and pride in yourself and all you achieved?
- Finally, all you have to do is commit to celebrating yourself: you're worth it!

**I hope this fun tool helps you Celebrate YOU and
"Set your Compass" for a Beautiful 2023!**