



“Year-End Reflection Toward a Fresh Start” Worksheets

Hi!

My name is Theresa Swift, President of [Swift Resolve Coaching](#), professional coach and author. I commend you for taking the steps to develop yourself by reflecting on the past year and preparing for the upcoming year! I found people do this for many reasons... in hopes of:

- deeper learning and personal growth,
- a better year,
- smoother transitions,
- emotional closure, and
- faster goal achievement.

“Year-End Reflections Toward a Fresh Start” workshop provided the tools to frame last year's experiences in ways that will powerfully impact the outcomes of those experiences and the end results I can walk into for the new year. The workshop shifted my perspective from exhaustion to gratitude, from defeat to growth. I am now energized by thoughts of what 2008 prepared me to experience in 2009!” - Business Owner, Orange County, CA

Please feel free to use the following worksheets as you are going through the exercises. What you learn about yourself based on last year’s experiences can be very valuable to you. Uncovering past “gems” helps you apply new-found strengths and authenticity to benefit the next year. I ask that you be honest and genuine in your reflection about yourself, as these exercises can provide a foundation for New Year “success” (however you personally chose to define “success”).





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The “Year-end Reflection Toward a Fresh Start” exercises are essential precursors to

- (1) identifying your goals (naming your resolutions), and
- (2) achieving your goals.

If you’re serious about reaching your goals, also consider hiring a professional coach. A coach can work with you at any step along your personal path to success. For instance, it may be nice to have additional focused support in steps such as finding your purpose, setting goals, and designing a plan to reach your dreams. A coach sees your strengths and believes in you, when at times you may not, creating a powerful accountable and supportive alliance as you execute and reach your goals.

If you would like to be notified of upcoming monthly educational tele-seminars (some free, others for-fee) be sure to sign-up for my newsletter. I encourage you to share some of your “learnings” and gifts -- those that you have written down on the worksheets, noticed for the first time, or want to emphasize next year -- with someone who is close to and supportive of you. I’ve found that participants who discuss their intentions have a better likelihood of reaching them!

I wish you a joyous, healthy, and successful New Year!

Warmly,

Theresa Swift, MS, CRC

Swift Resolve Coaching

Staying true to oneself...

Coaching for those ready to transform their lives, relationships, and businesses

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“Year-End Reflection Toward a Fresh Start” Worksheets

<i>(1) Past Year's Celebrations!</i>	<i>(3) Strengths & Character</i>





“Year-End Reflection Toward a Fresh Start” Worksheets

<i>⁽¹⁾Past Year's Celebrations!</i>	<i>⁽³⁾Strengths & Character</i>





“Year-End Reflection Toward a Fresh Start” Worksheets

<i>⁽²⁾Past Year's Disappointments</i>	<i>⁽⁴⁾Gifts & 'Learnings'</i>





“Year-End Reflection Toward a Fresh Start” Worksheets

<i>⁽²⁾Past Year's Disappointments</i>	<i>⁽⁴⁾Gifts & 'Learnings'</i>





“Year-End Reflection Toward a Fresh Start” Worksheets

⁵In the New Year I will be _____

more _____

and less _____

⁶My intentions or goals for the New Year:

Believing the potential of human possibilities, uniquely yours

