

## END STRONG. BEGIN BRAVE.

Taking a moment to reflect back on the year just gone to extract the wisdom it holds and work you've done will help you step more powerfully into the year ahead.

1. What do I need to celebrate?	
Write down your top 10 achievements this year – those things you've accomplished or changed, however insigney may seem to others.	gnificant
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2. What do I need to acknowledge?	
Write down the challenges you've managed and how you've showed up when the going has been tough.	
3. What story do I need to rewrite?  f you're holding on to any resentment, attachment or negativity about yourself from an event this year, ask yours new story you can tell yourself that will move you toward better possibilities and braver actions in the year to co	
"My new story about this is that"	_ ¬
4. Who do I need to thank?	s hottor
List the key people who've you become a better person this year and inspired you to handle your challenge.  What will you do to convey your gratitude?	s beller.
5. What new decision will I make in 2017?	
our life is shaped by the quality of your decisions. Identify one powerful decision you will make for 2017 that $^\circ$	will have
<ul> <li>What change will you make or brave inspiring goal will you pursue?</li> <li>What fear will you stop permitting to limit your relationship, career or life?</li> </ul>	
What will you say No to so that you can say a big Yes to yourself?	
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