



IS YOUR LADDER UP AGAINST THE RIGHT WALL?

It's easy for our lives to fill up and get busy. To scramble up the ladder of life only to realise sometimes too late - that it's leaning against the wrong wall.

Set aside an afternoon. Use the questions below to reflect on where you are going and what is most important to you in the year ahead.

Looking Backwards

1. What am I most proud of having achieved in the past 12 months?
2. Where did I disappoint and let myself down?
3. What lessons did I learn from my achievements and disappointments?
4. What powerful piece of advice do I give myself for the year ahead?
5. What do I want to be different in my life 1 year from now? (More of / Less of?)

Looking Inwards

1. What do I fear the most? Which of these fears do I plan to tackle?
2. What is currently going on in my life that no longer serves the person I wish to become?
3. What season of life am I currently in and what is life asking of me?
4. How do I limit myself?
5. What do I say to myself to explain and justify these limitations?
6. What new story can I begin to tell myself to shift from limitation to possibility?
7. When am I at my best, filled with energy, vitality and joy?
8. What part of me needs to evolve, grow up and change?
9. What habits serve me best and which do I need to let go of?
10. What relationships must I invest in, mend, or restore?
11. Is my environment helping me to grow?
12. What's missing in my life right now? (It was once there but seems to have gone away)
How can I get it back?
13. What is the ultimate criteria by which I measure my life?

Looking Forwards

1. What am I most excited about when I think of the next 12 months?
2. What big challenges will I have to face and overcome in the next 12 months?
3. How do I plan to grow?
4. What are my personal goals that will define success for me this year?
5. What is my major focus for the year ahead? Answer the question; "This will be the year that I ...?"

