

REWIND

Rewind and look back on 2018. What worked for you? What didn't? Let's dig down into last year so you can build yourself up for this coming year.

What are you most proud of from the past year?

What would you improve from the last year?

What goals did you achieve last year?

What goals will continue into next year?

Did you have a word of the year last year?
Reflect on this word.

Do you feel this word pushed you to excel?

Do you feel this word was accurate for the past year?