



SET YOUR COMPASS

2016-2017 COACHING EXERCISE

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2016 Review & Highlights

Write below your achievements and learnings in 2016, for both you and your business.

<p>Name Your Top 5 Achievements in 2016 <i>Big, small, what are YOU MOST proud of?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Name 5 Challenges You Overcame in 2016 <i>What was hard? What are you proud of?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>What Did I Learn about Running a Business? <i>Anything at all - a skill, lesson learned etc.</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What Did I Learn about Myself? <i>For example strengths, weaknesses, talents, beliefs, values, hopes, fears etc.</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>You & Your Business 2016</p>	<p>What New or Existing Relationships Did I Develop? <i>Who did you grow your relationship with?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What Did I Create or Bring into the World in 2016? <i>Could be anything at all!</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>How Specifically Did I Make a Difference in the World in 2016? <i>Big or small, how did you help others/the world?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Where Did I Have the Most Fun? <i>What did you enjoy most in your business in 2016? Could be anything at all!</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>

If you were to write a Newspaper Headline that summarized your 2016, what would it say?



2017 Preview & Preparation

Write below what you'd *like* to learn and achieve in 2017 for both you and your business.

<p>What Top 5 Things Do I Want to Achieve in 2017? <i>Big or small, what would make YOU proud?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Name 5 Challenges You Anticipate in the Year Ahead <i>Could be anything at all</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>What Do I Need to Learn about Running a Business in 2017? <i>What do you need to know to grow your biz?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What Do I Want to Grow or Learn about Myself this Year? <i>Where will you stretch and grow yourself?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>You & Your Business 2017</p>	<p>What Relationships Would I Like To Grow And Develop? <i>Who inspires, supports & encourages you?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What Would I Like to Create or Bring into the World in 2017? <i>Could be anything at all!</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>How Specifically Will I Make a Difference in the World in 2017? <i>Big, small how will you help others/the world?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Where Will I Enjoy Myself & Have Fun in my Biz in 2017? <i>How will you have fun & play in your business?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>

If you were to write a Newspaper Headline that summarized your 2017, what would it say?



EXERCISE INSTRUCTIONS: Set aside 30-45 minutes and find somewhere soothing where you can sink into these questions. **Tip:** Do your best to identify the full 5 items for each question - and answer them 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.

I hope this fun tool helps you "Set your Compass" for an awesome 2017!

Did you know that at The Coaching Tools Company.com we have plenty more tools and resources for you to use with your clients?

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About the author: Emma-Louise Elsey is the CEO of Simplicity Life Coaching Ltd. (The Coaching Tools Company.com is a division of Simplicity Life Coaching Ltd.) She is a certified Life Coach, NLP practitioner and recovering perfectionist who loves questions, quotes, creating coaching tools and writing. Since qualifying as a coach in 2004 she has worked with many successful professionals and business owners.
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Have any questions or suggestions? Just give me a shout, I'd love to hear from you!

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sail. Explore. Dream. Discover." Mark Twain