

YAHOO/BOO HOO/AH-HA!

I use this exercise as an END OF YEAR ritual for my active clients. Here is how it goes: Take time to think and write about...

YAHOOs

What did you accomplish/achieve this year?

What are you most proud of?

What were some of the best moments of the year?

What delightfully surprised you?



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BOO HOOS

What didn't you get to this year? What didn't get completed?

What were some of the failures or disappointments?

What were the tough/sad moments?

What do you regret?



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AH - HAs

What did you learn? How do you want to carry that learning with you into the next year?



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