

END OF YEAR Reflections

1. **What did you accomplish this year?** Did you set any goals and achieve them? Were there any accomplishments that weren't planned? Think about why you were able to achieve these goals. What actions did you take? What was your mindset along the way? How can you replicate this success for future goals?


2. **What were the highlights of the year?** What fun and/or exciting things did you do this year? Think about how can replicate or build upon these things in the new year.

3. **What disappointed you this year?** Was there anything you could have done differently to change the outcome? It's important to be mindful that some things are in your control and some things are out of your control.


4. **What changed this year?** Did you make any changes in your life? Were they changes you made by choice or changes life threw at you? What was the outcome of those changes? Explore both the good and bad. This is a good time to think about what changes you might want to make for next year.

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5. **What were your priorities this year?** Did they remain consistent or did your priorities change over the year? Were your priorities (actions) aligned with your goals? What will be your priorities for next year?



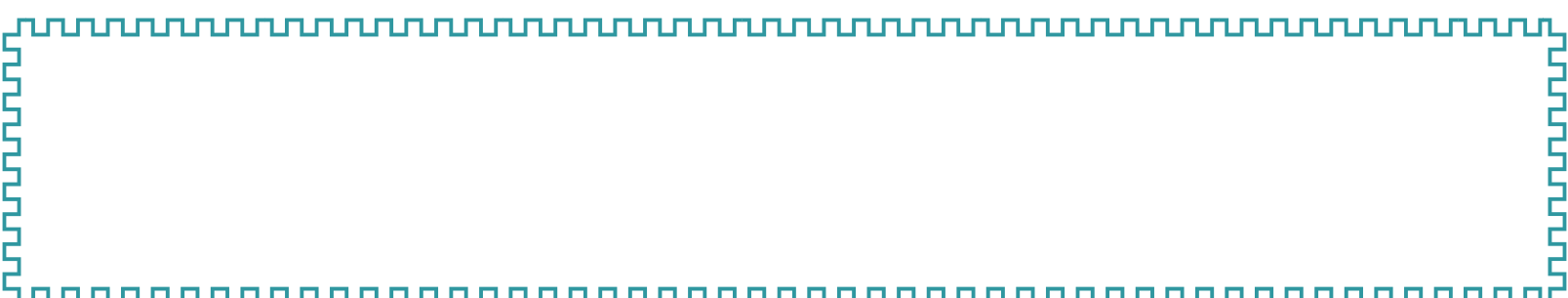
6. **What did you learn this year?** Any life lessons? Any experiences that you grew from? Any mistakes that you learned from? How can you apply that knowledge in the upcoming year?



7. **Did you neglect anything this year?** Did you have plans or ideas this year that you neglected? Are these things still important to you or have your priorities changed?



8. **Did you pick up any new habits this year?** Explore both good or bad. What led to the new habits? What can you do to break bad habits or build upon the good ones?



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9. What were your weakness this year? Did they inhibit you? Are your weakness something you need to work on or move away from?

10. Did you step outside of your comfort zone this year? What did you do that scared you? What was the outcome? How can you use this information to take risks and try new things in the new year.

List some preliminary goals for the new year.

I am a NASM personal trainer and RRCA adult distance running coach that specializes in strength training for runners. I offer in-person training in the Fort Worth Shredshed, online running coaching and nutrition coaching. If you are interested in a more in-depth running or strength training plan, please contact me. Have questions? I'd love to help.

While I am a certified personal trainer, I am not your personal trainer. Since I don't know your exercise abilities, injury background or medical history, please see your doctor before beginning any new exercise program. This is an opinion blog. No information in this blog is intended to be taken as medical advice or prescription. Please see your doctor and/or registered dietitian for any health concerns.