

REBEL

BUSINESS

SCHOOL *

End of Year Reflection Questions



Reflection

What's made this year fantastic?

- What are you most proud of in terms of what you achieved and accomplished this year – in life, work & business?
- What did these achievements or actions in turn make possible – for you, your family, your business, work, your financial situation, and your well-being?
- What makes your heart warm from this year just to think about it today?
- What's been the most fun this year?

Reflection

What's made this year tough?

- What event or experience represented the “worst” of the year, and why exactly?
- What action(s) did you take that you want to eradicate from your behaviour forever?
- What makes you feel ashamed and “less than,” or even toxic to others?
- Who have you least enjoyed working with?
- What do you need to kill off?
- Where have you stayed stuck?
- What should you subtract from your life to improve it?

Reflection

What do you want to amplify in your life next year?

- What outcomes or achievements do you want to build on next year?
- What parts of yourself do you wish to strengthen, and let out in the world?
- What role models and supportive people do you want to connect with more deeply?
- What do you want to do more of this upcoming year?
- If you had the best year EVER what would have happened?
- What most excites you about next year?

Reflection

Who has been most helpful to your growth?

- Who are the top three helpers whom you'd like to acknowledge?
And why...
- Who has gone above and beyond in their efforts to assist you in a goal or important outcome?
- Who do you want to spend more time with next year?
- Who do you want to meet next year?

Reflection

Other Questions

- If you could only stop one thing, what's that one thing?
- If you could only double down on one thing, what's that?
- What is your New Year's resolution, in work and personal life?
- What are your biggest short-term goals for the first half of next year?
- Who do you want to become next year?
- Describe the person you want to become...What training or development do you want to do next year to help you become the above person?