

Year in Review: What Are You Most Proud Of?

Here's an **amazing** exercise for starting the New Year right. No -- it's NOT about writing New Year's resolutions! It's not about looking forward, but instead looking backwards.

What's the point of looking backwards when a new year is on the horizon? Because what has happened, what you've accomplished is tangible proof of your effectiveness, creativity, determination, and success.

As the year draws to a close, it's nice to look back and remind yourself what you're most proud of accomplishing over the past 12 months.

- Which projects did you complete?
- Which skills and attitudes did you display?
- Which relationships did you strengthen (and which did you get rid of)?
- How much money did you make (and how much did you keep)?
- What healthy habits did you embrace?
- What did you do to alleviate stress?
- What have you learned? What have you mastered?
- Which events did you attend that brought results?
- Which life and business development techniques worked for you?
- What are you *most* proud of, from the past 12 months?

Take time to write a complete list for the past year. You'll be amazed at what you've accomplished and gain confidence that you can accomplish what you need to for the next 12 months!

This year, I'm proud of:

For Myself...

For My Personal Relationships...

For My Family...

For My Home...

For My Finances...

For My Career or Business...

For My Professional Relationships...

For My Health and Physical Wellbeing...

For My Spirit...

For My Beliefs...

For My Mind...

For My Community...

For My World...
