

review

Ask yourself - "What did I do well this year?"

Ask yourself - "What could I have done better?"

Ask yourself - "What did I like / enjoy about the experience?"

"I like that I did that this year?"

"I wish I had tried or done that this year?"

"I wonder what would have happened if I had done that this year?"

goals

Big scary outcome goal for 2018:

Process goals to get you there:

1. EASY

2. EASY / INTERMEDIATE

1. INTERMEDIATE