



How to Reflect on 2017 & Plan for 2018

Show Notes

The start of a new year can be a time of thoughtful reflection, happy planning and goal setting. Let's think about what you *want* to do, not what you think you *should* do in the new year. Quit "shoulding" yourself already and notice we did *not* use the "R" word: *resolutions*! In our first podcast of 2018, we are happy to bring you our annual reflection and goal setting best practices as well as instructions for how to find your central word, symbol or theme of focus for the year. Wait until you hear how well these things have served us over the years. We know you'll find something new to experiment as you kick off this new year. Cheers!

Themes explored in this week's episode:

- What we've learned from 15 years of annual reflection and goal setting
- Personal stories of what some of our annual word selection were and how they have impacted our life trajectories
- Choosing one word, theme or symbol to focus on for the year helps you slice through the noise and attract what you want
- How to find one word, theme or symbol to focus on for the year
- A daily money gratitude exercise
- How to make plans but remain healthily detached from the outcome
- The value is as much in the process of planning as the actual plan

Resources:

- How to find your word, theme or symbol to focus on in 2018. Ask yourself these questions.
 - What is your biggest piece of unfinished business in 2017?
 - What else do you need to do or say to be complete with 2017?
 - What advice would you like to give yourself in 2018?
 - What brings you the most joy and how are you going to do or have more of that in 2018?
 - LASTLY ask yourself: What one word would you like to have as your theme in 2018?
- Katie's Money Gratitude exercise (See appendix at end of notes)
- 8 leadership coaching focus areas. These are key areas to reflect on if you want to set some juicy goals for your professional development in 2018! On a scale of 1-10 how satisfied are you with your capabilities in each of these areas? Set improvement goals for 1 or 2 of these you are least satisfied with.
 - Healthy Workplace Relationships
 - Effective Communication



- Health & Wellness
- Time Management & Balance
- Emotional Intelligence
- Productivity
- Problem Solving
- Leading and Inspiring Others
- Two Powerful Questions:
 - What is one thing you've been denying yourself that you will give yourself in 2018?
 - If nothing has changed in a year, how would that feel?

We would love to hear from you! Have an idea for a podcast or a question you want us to address? Interested in additional support, resources and workshops. Here are all the ways you can interact with us!

- Tweet us! @tegantrovato and @TeamAwesomeMKE
- Email us: tegan@BrightArrowCoaching.com and Katie@TeamAwesomeCoaching.com
- Follow us on Facebook @BrightArrowCoaching @TeamAwesomeCoaching
- Follow us on Instagram @TeganTrovato @BrightArrowCoaching
- Connect with us on LinkedIn: Tegan Trovato and Katie Rasoul
- Download free tools, sign up for our newsletters, events and workshops by visiting: www.BrightArrowCoaching.com and www.TeamAwesomeCoaching.com



Gratitude Tracker

Date	How Much	Where To/From	Why I am Grateful
1			
2			
3			
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