

2018



LOOKING BACK
TO
LOOK FORWARD

2017—2018 Personal and Profession Growth Exercise

Brought to you by Fiery Heart Solutions

December 2017

Looking Back to Look Forward

2017-2018 Celebrations and Aspirations

2017 Review and Highlights

<p>Name your top 5 achievements of 2017</p> <p><i>Big, small, personal, professional— what are YOU MOST proud of?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>What are the top 5 challenges you overcame in 2017</p> <p><i>What was hardest? What are you proud of?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>What did you learn about your business in 2017?</p> <p><i>Anything at all, a skill, a lesson learned, etc...</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What did you learn about yourself in 2017?</p> <p><i>Strengths, weaknesses, talents, skills, hopes, beliefs, values, fears, etc...</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>LOOKING BACK: YOU IN 2017</p>	<p>What new or existing relationships did you develop in 2017?</p> <p><i>Who did you grow your relationship with?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What did you create or bring in to the world in 2017?</p> <p><i>Could be anything at all</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>How did you make a difference in the World in 2017?</p> <p><i>Big, small, how did you help others/the World?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>What was the most fun?</p> <p><i>What did you enjoy doing the most in 2017? Could be anything at all.</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>

If you were to write a newspaper headline that summarized your year, in 2017 what would it say?

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2018 Preview and Preparation

<p>What Top 5 things do you want to achieve in 2018?</p> <p><i>Big, small, what would make YOU proud?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Name 5 challenges you anticipate in the year ahead</p> <p><i>Could be anything at all</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>What do you need to learn to grow your business in 2018?</p> <p><i>What new skills or knowledge do you need?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What do you want to grow or learn about yourself this year?</p> <p><i>Where will you stretch and grow yourself?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>LOOKING FORWARD: YOU IN 2018</p>	<p>What relationships do you want to develop in 2018?</p> <p><i>Who inspires, supports, and encourages you?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>
<p>What would you like to create or bring into the world in 2018?</p> <p><i>Could be anything at all</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>How, specifically, will you change the world in 2018?</p> <p><i>Big, small, how will you help others/the World?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>	<p>Where will you enjoy yourself and have the most fun?</p> <p><i>How will you have fun and play in 2018?</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p>

If you were to write a newspaper headline to summarize your upcoming year, 2018, what would it say?

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Exercise Instructions—

- ◇ Set aside 30-45 minutes in a quiet, soothing place and take time to sink deep into your answers.
- ◇ Answer each set of 5 as fully as possible—answer from your heart.
- ◇ This is not about how it looks on paper or to others. This is strictly about you! Suspend judgment for a while. There is nothing unimportant or insignificant in how you see yourself. Every thought and feeling is a clue to your next steps in your journey through life!

Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement.

— Golda Meir —

If you haven't already, please take a few minutes to go to my website, www.fieryheart.solutions, and take the Core Value Index assessment. It is FREE and it will give you some great insight into who you are; Not how you've been shaped by experience, but the core of who you are. Simply click on the button that says TAKE THE CVI. It will take you about 5 minutes.

It is my greatest hope and joy to share my life experience, wisdom, knowledge, and heart with others and, perhaps in some small way, enhance their journey through life as they enhance mine.

If I can be of any service to you, please feel free to contact me at 540.220.3606

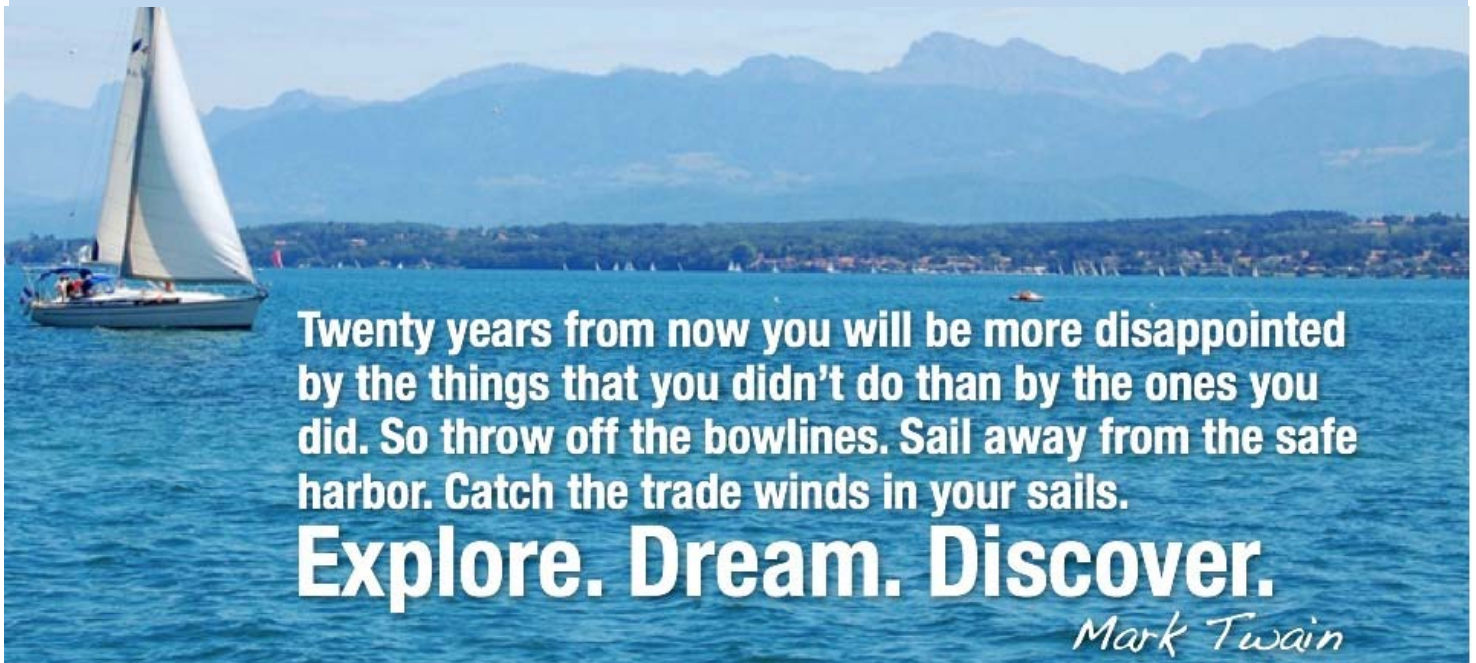
With much Gratitude and Affection,

Donna

Donna Daigle, *Personal and Professional Development Coach*

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Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.

Explore. Dream. Discover.

Mark Twain