

2014 Evaluation and 2015 Goal Planning

FOR _____

Accomplishments of 2014 that pleased you the most:

- 1.
- 2.
- 3.

Elements you put in place (or already had) so that you could accomplish these things:

- 1.
- 2.
- 3.

Obstacles/fears you overcame/challenges you faced this year:

- 1.
- 2.
- 3.

What motivated you to break through them?

Markers of relationships that changed/improved this year:

- 1.
- 2.

Markers of physical health this year:

- 1.
- 2.

Markers of spiritual growth this year:

- 1.
- 2.

Ways that you surprised yourself or others this year:

- 1.
- 2.

Who knew?

Who celebrated with you?

Mistakes that you tried out this year that you do NOT want to repeat:

- 1.
- 2.

Who will hold you accountable?

Disappointments you experienced this year:

- 1.
- 2.

What can you do to avoid repeating similar disappointments?

Who knew the depth of your disappointment?

Who or what stretched you the most this year:

Who or what brought you the most delight/laughter/love this year:

For what are you most truly thankful? (Hint: List all you can think of on the back and then record your top 3 here.)

Looking back over the year (2014), what (if anything) blocked or held you back as you moved toward your goals/objectives?

Knowing what you know now, what would you have done differently? (While we can't change what was, we can use this input/learning as we move forward.)

How did coaching support you? What would you have liked more or less of from me as your coach?

2015 Goals

What are the 3 most significant goals that you wish to accomplish by the end of the year?

- 1.
- 2.
- 3.

What is the **#1** of the top 3 and **why** is it significant?

What are the top 3 things about your job/business that you most want to be different in 2015?

- 1.
- 2.
- 3.

What changes do you most want to see in your personal life? Why do you want them?

- 1.
- 2.
- 3.

What do you want your business/career to look like one year from now? (Review your business plan or career map)

What actions are you prepared to take to reach your goals and objectives in 2015?

What are the rewards if you accomplish the above? Or what is the "why" behind your goals?

What do you need from me, your coach, to support and inspire your success? How can I help?