

End of Year Reflection Questions

Below are some end of year reflection questions you can explore, discuss with your staff and/or write about in your coaching journal.

My best accomplishment(s) for the year!

My "lessons learned" this year. Things that were mistakes I made or things I did that I would definitely do differently given the chance.

Who did you forgive this past year?

Most difficult conflict I experienced this year.

Are you working and living your values?

The relationships that grew deeper in my life this year.

The biggest surprise I experienced this past year.

My biggest area of personal growth this past year was...

My biggest area of growth as a coach this past year was...

End of Year Reflection Questions

My biggest emotional challenge was...

My biggest spiritual challenge was...

My biggest physical challenge was...

My biggest mental/intellectual challenge was...

My biggest ethical challenge I experienced this year was...

I stepped out of my comfort zone this year by...

I'm most grateful for...

How do you feel about coaching as a career at this point in your life?

What has shifted the most for you over the course of the year?

End of Year Reflection Questions

What commitments will I make to become a better coach this next year?

Who would I like to connect with and learn from?

What do I specifically need to improve on?

What steps will I take to improve? How will I get better?

What is one heavy thing, experience or person you need to let go of so you can soar higher this next year?

If I could pick one thing I'd like to focus on this next year to become a better coach or person, that one thing would be...what?

“The journey into self-love and self-acceptance must begin with self-examination... until you take the journey of self-reflection, it is almost impossible to grow or learn in life.”

– Iyanla Vanzant