

Some 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....

Some End of Year Reflection Questions (continued)

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?