

BREAKTHROUGH

PERSONAL & PROFESSIONAL DEVELOPMENT

Burnout Prevention & Wellness

YEAR IN REVIEW

Building dreams for the future





Reflection for resilience & goal-setting

Reviewing your past year gives you an objective basis on which to plan your next year.

Honestly answer the following questions. Do your best to identify the full five items for each question - and answer them intuitively from the heart. This isn't about what looks useful to others. Instead, think about what YOU are proud of - no matter how large or small they may seem.

Discover your wins & recognize your losses to build a more resilient future.

YOUR TOP FIVE

Name your 5 proudest achievements this year.

List 5 challenges you overcame this year.

What 5 skills, knowledge & lessons did you learn?

REVIEW YOU

What did you learn about yourself? Strengths, weaknesses, beliefs, fears & hopes,

What new relationships did you develop personally & professionally?

What brought you joy?

YOUR IMPACT

What did you create or bring into the world to make it a better place?

How did you make an impact on your family, friends, workplace & community?

How has your work impacted your organization or those you serve?

YOUR LOSSES

What or who have you lost this year?



How have your losses impacted you?



What are you learning & grieving from your losses?



YOUR WINS

What were the best decisions you made this year?
What positive risks did you take?

How can you use your best risks & decisions to inform the coming year?

What have you left unfinished that you wish to complete?

YOUR DREAMS

What are your hopes & dreams for this year?

What personal & professional development do you need to accomplish your dreams?

If you could change just one thing to make your life better, what would it be?
How could you work toward this one goal?

YOUR WELL-BEING

What goals do you have for your physical health?

What goals do you have for your mental & emotional health?

What goals do you have for your spiritual health?

YOUR WELL-BEING

What goals do you have for your relational health?

What goals do you have for your financial health?

What goals do you have for your professional health?

YOUR TEAM

Who can help you accomplish your goals? A mentor, coach, counsellor, friend?

In what specific areas do you desire support?

Make a plan for approaching those you'd like to support you.

NEXT STEPS

LET'S CONNECT

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We look forward to connecting & serving you & your organization.