



Was 2017 Stellar?

TYIR Exercise

1. Did you write down goals for 2017? Were they specific and detailed enough? Are you able to see if you clearly reached them?
2. If you didn't write your goals down are you willing to this year? You surely have heard there is a 9x great chance of you accomplishing your goals if you write them down than if you don't?! Right?
3. What patterns and practices are you doing regularly that have moved to autopilot over the last year? These are anything you always do. Some might be fantastically helpful other not so much. (*Some people watch the news and grab 2 hours of TV before getting their bowl of ice-cream at 10 pm.*) make a list of patterns and practices that are ingrained in your life operating system, many of them are probably unconscious.
4. What patterns are you wanting to abandon and shed to free up space for new more productive habits? You have to let go before you can let come. And if your life is shaped by the accumulations of micro

movements called habits then consciousness around those becomes really important!

5. What are the big wins this year? What are your biggest accomplishments?
6. What are the best learnings and insights this year? What are the top five inputs that moved the needle for you...it might be a book, seminar, podcast, article? Reflect on what input channels you had and what was most helpful?
7. Who have you become this year? How are you different after the 12 months of 2017?