

## **PROCOACH ANNUAL PROGRESS REVIEW 2007**

### **TIPS FOR COMPLETING**

The exercise that follows is something all members of the ProCoach Success System do every year. It is designed to help you identify and celebrate the successes and progress you made during the past year. Here are a few tips to help you with the process:

1. You may find it difficult to remember every success and area of progress that you had during the past year. Run through the year month by month and recall what was happening each month. Review your calendar, credit card statements, check book and journals to refresh your memory. This will help you remember successes you may have forgotten.
2. Take an objective look at the difficult situations and so-called failures you experienced last year. Something good comes from every obstacle you encounter. Can you identify the wins associated with these events? What did you do well? What benefits resulted? Saying, "I successfully resolved/dealt with 'x' issue" is a legitimate and worthwhile win to record.
3. The power of this exercise is multiplied if you do it together with a friend, significant other or support group. For best results, complete the exercise on your own and then share what you wrote with each other.
4. After completing the exercise do something to formally celebrate the progress you made last year. You might toast your success with champagne, say a prayer of thanks, treat yourself to something special or perform a ritual to honour yourself.

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Reflect on the past year and list 10 major accomplishments, successes, areas of progress or positive events that occurred for you during 2007. Include business and personal.

<b>Idea stimulators</b>		
➤ <i>Business milestones and progress</i>	➤ <i>Presentations and speeches</i>	➤ <i>Health &amp; fitness</i>
➤ <i>Business relationships – new &amp; old</i>	➤ <i>Personal relationships – new &amp; old</i>	➤ <i>Home &amp; family</i>
➤ <i>Leadership success</i>	➤ <i>Events attended</i>	➤ <i>Trips - Vacations</i>
➤ <i>Personal &amp; professional development</i>	➤ <i>Obstacles overcome</i>	➤ <i>Recreation</i>
➤ <i>Financial – income, investments etc.</i>	➤ <i>Completion and letting go</i>	➤ <i>Spiritual</i>
➤ <i>Risks taken/going out of comfort zone</i>	➤ <i>New opportunities</i>	➤ <i>Community</i>
<b>Success</b>	<b>Why is it a win?</b>	
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

What are some of the best decisions you made in 2007? What made them good decisions?

What did you do that took you out of your Comfort Zone in 2007? How did this move you forward?

When you reflect on the past year, what are you proud of and why?

List 3 people who had a positive impact on your life in 2007. What did they do and how did you benefit?

1.

2.

3.

What important lessons or principles did you learn during 2007? What makes them valuable for you?

In what ways have you have grown or developed in the past year? Include a specific example as evidence of your progress for each area you list.

**Idea stimulators**

- |  |   |
|--|---|
| ➤ <i>Skills, knowledge and abilities learned</i>   | ➤ <i>Areas where confidence has increased</i> |
| ➤ <i>New approaches, attitudes or perspectives</i> | ➤ <i>Qualities developed</i>                  |
| ➤ <i>New ways of being or doing things</i>         | ➤ <i>Habits developed or eliminated</i>       |

**The Year Ahead**

What are some of your goals and intentions goals in 2008?

Business & Career	Health & Fitness
	Money & Finances
Relationships, Family & Friends	Recreation & Lifestyle
Contribution	Personal & Spiritual Development

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