

PROCOACH ANNUAL PROGRESS REVIEW 2009

Reflect on the past year and list 10 major accomplishments, successes, areas of progress or positive events that occurred during 2009. Include business and personal.

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

What are some of the best decisions you made in 2009? What made them good decisions?

What did you do that took you out of your Comfort Zone in 2009? 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 2009. What did they do and how did you benefit?

1.

2.

3.

What important lessons or principles did you learn during 2009? What makes them valuable for you?

In what ways have you have grown or developed in the past year – business and personal?

Idea stimulators

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|--|---|
| ➤ <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 for 2010?

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