

Before starting the new year, take some time to think about what your year consisted of both on a personal level and in your environment (family, business)



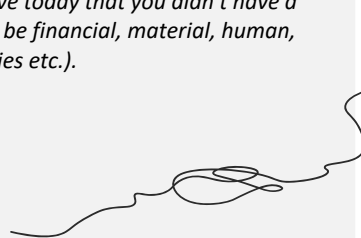
Your personal report for the year

What I learned

What lessons have you learned? (Whether through supervised training or through your personal experiences.)

What slows me down

What do you have today that you didn't have a year ago? (It can be financial, material, human, routines, capacities etc.).



What helps me

What are the elements that have helped you to advance or maintain your achievements?

What slows me down

What are the things that slowed you down or made you go back?



As you reread these elements, what do you retain about what is **fundamental** to you?:



The assessment of life's spheres

What part of your life is this?: _____ *****

You can complete this questionnaire for each aspect of your life that you want to observe (business, family, couple, etc.)

What has been accomplished

What are your greatest accomplishments? What challenges did you overcome? What are you most proud of?

What has improved

What have you improved in this area of your life?

What made us evolve


What are the things that have helped you move forward and accomplish your goals during the year?

What blocked us

What are the things that kept you from accomplishing what you wanted to accomplish?



As you reread your answers, what emerges as the driving force that moved you forward? (In the name of what, have you accomplished what you have accomplished?)



Your review of the year



Before starting the new year, take some time to think about what your year consisted of both on a personal level and in your environment (family, business)



At the personal level

<p>What I learned <i>(Reflect on the lessons you have learned, whether through mentored training or through your personal experiences.)</i></p>	<p>What I have acquired <i>(Think about what you have today that you didn't have a year ago. It could be financial, material, human etc.).</i></p>
<p>What helps me <i>(What are the elements that have helped you move forward during the year)</i></p>	<p>What slows me down <i>(What are the things that slowed you down)</i></p>



As you reread these elements, what do you retain about what is **fundamental** to you?:



Your review of the year

Sophie Legendre

In terms of the environment

What part of your environment (business, family, couple, etc.): _____

What we have accomplished

Think about your greatest accomplishments, what challenges have you faced, what are you proud of?

What we have improved

(Think about what improved in your environment.)

What made us evolve

What are the elements that have helped you move forward and accomplish your goals during the year?

What blocked us

(What are the things that kept you from doing what you wanted to accomplish?)

As you re-read these elements, ask yourself the question "In the name of what, have you accomplished what you have accomplished?" "(What drives you):
