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## 6 Step New Year Reflection Exercise

### Step 1: Plan Your Reflection

When will be a good time and place to do this? Do you want to do this alone or with a buddy? Perhaps book the time in your diary so you know you're committing to it. It took me 1-2 hours to do. This is SO worth that time!

### Step 2: Collate Information

How are you going to think back over the significant events of 2023, will you flip back over a calendar, a journal, look at your phone calendar & photos, revisit goals previously set, use social posts? Here are ideas to help you collate the info:

1. Create a timeline January to December, write down anything significant that happened during each month
2. Use your photos on your phone to create a collage/page for the year, or just to note down key events/topics
3. Try a mind map. Put '2023' in the middle and use branches to collate 'themes' for this year: memories, achievements, topics and subtopics....simply see what comes up

### Step 3: Reflect on 2023

Once you have your info mapped, here are some coaching questions that will help you. I recommend using coloured pens here, ticks & crosses, colours for confidence/joy etc.

- What was good? What was difficult?
- Where did you feel confident/not confident?
- Where was most joy for you? What was most challenging? What did you avoid? What surprised you? What are you proud of? Who and what are you most grateful for?
- What did you learn?



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#### Step 4: What do I want in 2024?

Now check in with yourself, with your whole person - your brain, your gut and your heart, what do you now know to be true? What do you want for yourself in 2024?

- What do you want MORE & LESS of moving forward? Write lists under each heading.
- What things are most important to you next year? What do you want to learn? What are you longing for? What and who makes you shine and builds your energy the most?
- What do you want to be celebrating this time next year?

#### Step 5: Goal Setting

Create some 'buckets' themes out of what you've come up with in the last step, that will form your 2024 Goals. There are no rules on how many, but I would keep it around 3-5 good meaty ones! Give them headings that are positive and make sense for you.

For each goal, now answer: why is this goal important, what is the result, how will you know when you have it, what resources do you need, what might block you, when & how will you achieve it?

#### Step 6: Visualise and Act!

Visualise each goal if you can now, using words and images. If you do this step, they will become more 'real' and you're more likely to get them. I use a googleslide for each goal so I can access them quickly from my phone. If you're a visual person, print them out for your wall.

Look at each goal: what would the first tiny baby step be towards achieving each goal? Come up with a list of practical ideas now, that will move each goal forward. The more the better, the crazier & wilder, the better! Open up to all the possibilities without checking yourself or trying to be realistic. What are all the things I could do this year to achieve this goal?

Finally, from the list, choose the action steps that you **want** to take against each goal. Get that list visible somewhere so you can start to take the actions.

**You're ready! And I am here if you need me to support you.**

## Happy New Year



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