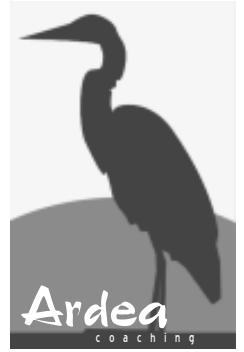


Ardea Coaching

Year-End Completion

The following questions are offered as a way of reviewing the last year and preparing for the next one. A year-end completion can be done at any annual event, such as New Year's, or a birthday or anniversary. If you would like support or a sounding board in doing these questions, please don't hesitate to contact me for a year-end completion session.

1. What were your achievements, breakthroughs, and successes in the past year?
2. What unmet expectations, unmet needs, disappointments, or failures did you experience in the last year?
3. What did you learn in the last year? (This can be skills you've learned, as well as what you learned about your own process, what works or doesn't work for you, or themes and patterns in your life)
4. What are you putting up with that you'd like to address in the upcoming year?
5. What qualities do you have that you'd like acknowledgement of?
6. What would you like to achieve or have a breakthrough around in the upcoming year?
7. What will it take (internal qualities, support, etc) for you to achieve that?



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Helping people
envision, plan,
and live the life
of their dreams.

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