

## 8 Wonderful Questions to help Close 2021

1. What goals/dreams did you achieve?
2. What new skills did you begin to master this year?
3. What were your biggest disappointments?
4. What beautiful (or tough) lessons did you learn this year?
5. How do you limit yourself? And how can you stop?
6. The incredible thing I discovered about myself this year is...
7. I'm ready to let go of...
8. I'm proud of myself for...

### **Step One**

Individually answer the questions.

### **Step Two**

Now think about how you *felt* answering these questions. Look back over your answers and put a star next to the 2 questions that jumped out for you for whatever reason. (e.g. they might have been hard to answer, or even easy to answer, you might have enjoyed answering or not enjoyed answering).

*If you are answering these questions alone, allow your mind to mull over why you starred the questions you did and what is might be teaching you.*

### **Step Three (if you are doing these with a team)**

In Pairs share the 2 questions you starred. Discuss why you chose these and use this a basis to coach and help each other.

### **Step Four (as a team)**

As a team, share some of your answers and celebrate your achievements together.

If you are doing this individually, then why not use us as your coaching partner, share the answers you want with us - maybe you fancy a high five from someone objective or you'd like to explore any limitations you've highlighted - whatever works for you. Know, we've got you and we're here to support you.

SHARE WITH US

From Helen Vandenberghe