

TURNING THE PAGE ON 2018

WHAT HAPPENS NEXT IS UP TO ME

Name:

Date:

1. What achievements am I most proud of this year?

2. This year I conquered these challenges and obstacles...

How did I feel when I overcame them?

3. Outline 3 reasons why my students love having me as their teacher.

4. What new knowledge or skills did I develop this year?

**"WHAT THE NEW YEAR BRINGS TO YOU WILL DEPEND A GREAT
DEAL ON WHAT YOU BRING TO THE NEW YEAR."**

5. How well did I nurture my body with quality foods and a balanced diet?

6. Did I prioritise exercise and physical activity? How many times a week did I exercise for longer than 30mins?

7. How did I manage stress and my mental health? Generally, how was my mindset and self-talk?

8. Did I invest enough and "show up" in my relationships? (family, friends, colleagues, students etc)

9. Describe, what I am doing when I feel most alive, full of energy and in the moment?

10. What makes me feel lost, stuck or unfulfilled?

11. What bad habits or negative behaviour's are still hanging around?

12. How would I describe my financial position? Am I in control?

2019 GOALS

Three areas I would like to improve in my personal life in 2019:

One thing I would like to achieve in my career in 2019: