# Review of the year 2023

Here’s an approach to take. Consider different areas of your life and make a note of what you achieved, then from this plan for what you want to do this year.

The answers don’t always come immediately, so take your time and allow yourself to add to it over the coming days. You don’t need to complete by 1st January.

Thinking about what you have achieved – it is not just the big stuff, think about the small stuff too.

With obstacles, again they may not be major, and they may not be a total success … making some progress is a good way forward, and maybe we can use that to help us to create a plan.

I find it helpful to do an exercise like this by first of all focusing on my breathing and being calm, to wait and do it when I want to do it rather than to see it as a chore. For many years I did this whilst on holiday, I enjoyed travel over the Christmas and New Year period) and kept a print out in my bag to fill in as ideas came to me.

So, looking at work, fitness, relationships etc ask yourself:

### My Career

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| What I have achieved? |  |
| What I’m most proud of |  |
| What obstacles have I overcome? |  |

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| My plans for 2022 with success criteria – how will I be able to measure my success? |  |

### My Health and Fitness

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| What I have achieved? |  |
| What I’m most proud of |  |
| What obstacles have I overcome? |  |
| My plans for 2022 with success criteria – how will I be able to measure my success? |  |

### My Relationships

|  |  |
| --- | --- |
| What I have achieved? |  |
| What I’m most proud of |  |
| What obstacles have I overcome? |  |
| My plans for 2022 with success criteria – how will I be able to measure my success? |  |

### My Wider life goals

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| What I have achieved? |  |
| What I’m most proud of |  |
| What obstacles have I overcome? |  |
| My plans for 2022 with success criteria – how will I be able to measure my success? |  |

### My Financial goals

|  |  |
| --- | --- |
| What I have achieved? |  |
| What I’m most proud of |  |
| What obstacles have I overcome? |  |
| My plans for 2022 with success criteria – how will I be able to measure my success? |  |
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I work with a wide range of clients: young people at school seeking clarification of what to study, students and graduates re study and work choices. People seeking a career change or how to be more effective in their work. Through to people moving on from full time work.

Work can be career guidance and career coaching, job search support - CV and LinkedIn makeovers; interview coaching, making an impact at work and retirement coaching.

I have a group of clients I talk with for 30 minutes every 2-3 weeks, keeping them on track to achieve their goals.

<https://www.the50pluscoach.co.uk>

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