

## My 2017 Review

**What worked well for you in 2017? What did you enjoy? What were your highlights? Work and Personal Life....**

*Think of even the small things – maybe you managed to get an exercise regime sorted and kept to it most of the time or perhaps you cut your hours back at work or you had regular massages or you were kinder to yourself. Think of as many things as you can...*

**What didn't work well for you in 2017? What kept tripping you up? What didn't you enjoy? What habits do you have that don't serve you well?**

**In 2018 what would you like to see happen for yourself and your career? What do you want to have and happen in 2018? Is there a personal development focus you need to make change?**

*Really think about what would make a big difference for you. Remember if you don't spend the time working out what you want from life, it makes it difficult to have a path of achievement!*