## **Looking Back, Looking Forward**

A Self-Coaching Exercise developed by Shana Montesol Johnson, Career/Executive Coach

1.	What did I accomplish at work in 2011 that I'm proud of?
2.	What <b>did I learn</b> related to my work or career <b>in</b> 2011?
3.	What am I grateful for in terms of my career and work life?

4.	What was the most fun work-related thing I did in 2011?
5.	What do I want to be sure that my professional life <b>includes</b> in 2012?
6.	What do I want to be sure my professional life <b>does NOT include</b> in 2012?
7. happe	What is <b>one small action I can take this week</b> to move toward making that en?
Bonus points: To make sure that 2012 really starts off on the right foot, ask someone to hold you accountable for that small action you identified in #7 above. Knowing that a friend or colleague is going to follow up with you next week to make sure you've completed the task will make you much more likely to actually do it Write their name here	

Here is wishing all of us a 2012 bursting with joy, accomplishments, and fulfillment!

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