



## A Business Yearend Review and a Look into the Future

*We* are finishing this year and starting a new one. Instead of just moving from one year to the next without any thought, I invite you to "consciously" become involved in the process.

This means looking back on 2010 and celebrating the things you are grateful for and planning what you want to bring 'intentionally' into your business and your life in 2011.

Begin by looking at what you have, what you have accomplished, and the positive changes that occurred for you during this past year.

*Below are some questions to help you get started.*

### Reflecting back on business in 2010:

1. What three things about my business am I most grateful this year?
2. What did I do well in business and/or in life for this to happen?
3. What have I accomplished, learned or become aware of in 2010 to make me a more integrated and sustainable coach practitioner?
4. What were some things that didn't work out as planned in 2010 and what did I learn from these situations? **What were the emotions that were attached to these?**
5. Think of the people who helped, supported or encouraged me in 2010? **Write down the emotions attached to these thoughts?**
6. Think about the people I helped, supported, and encouraged in 2010? **Write down the emotions attached to these thoughts? *What are you noticing?***

*Now take some time to reflect on what you want to have happen for you in 2011.*



### Planning for your business in 2011:

7. What do I need to let go of? Are there some broken promises, hurts, or disappointments or beliefs about business ownership I am holding onto that, if gone, would create some space for new clients to enter my life? **Perhaps a burning ceremony is a good idea here**
8. What three things am I **committed** to doing differently and/or better in the year 2011? How will I stay **motivated** to make these happen? What is needed to **integrate** them into my daily coaching practice? Who do I know who may be able to help me on my journey?
9. What projects will I take on and COMPLETE this year to make my business more sustainable? What are they? What will the outcomes look like and what are the milestones that will help me make them happen? What are the emotional commitments required? ***Focus on what you have written down, repeat them and emotionally experience what it feels like when your dreams become reality.***

10. What boundaries must I establish so that I am most motivated as a coach practitioner and fulfilled as a healthy human being?
11. What toxic relationships or situations in my life will I refuse to tolerate in the coming year?
12. What are my relationship, spiritual, health, and business goals going to be? How will I stay motivated to all of them?
13. What are **three adjectives** that would describe how I feel if each of the above goals are achieved? *ie. valued, unstoppable, joyful, integrated, fulfilled*

*...and finally, as we prepare to leave one year behind and enter another, I invite you to consider some of the following questions that come from the work of noted coach and author, Laura Berman Fortgang:*

14. What is already working in my business life?
15. How can I improve on what is already working?
16. What does not work and must be sacrificed?
17. What have I left behind me that is begging to be let back in?
18. What business decision(s) needs my attention to really fly? Why is this important for me in 2011? What adjective will describe my thoughts about these decisions? Do I need to change any thinking in order to really make these happen??
19. What is naturally emerging that may not seem like a logical choice but must emerge nonetheless?



**You create your own reality; the decisions you make today will form your tomorrow.**

*I hope you found this useful. To take this even deeper please go to our website blog and create a 2011 Vision Board for yourself. Once again this year I am offering a free 30 minute coaching session to deepen your vision for 2011! Call me at 1.705.726.9831 or [kathy@teams-work.com](mailto:kathy@teams-work.com) or Skype name: katbarrie56.*

<http://www.teams-work.com/2010/03/24/10-reasons-why-vision-boards-work/>

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