

SELF-EVALUATION AND GOAL SETTING IN ORDER TO HAVE A SUCCESSFUL AND HAPPIER 2024

SELF-COACHING EXERCISE FROM BUSINESS COACH LTD.



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FOR A SUCCESSFUL AND HAPPIER YEAR AHEAD

Reflect back on the year 2023 and note your results achieved, learnings, growth areas keeping in mind your professional successes.

Name your top 5 results, challenges that you have achieved

What was difficult? What are you proud of most?

1.	
2.	
3.	
4.	
5.	

What was 2023 about?

Give 5 words that describe best

1.	
2.	
3.	
4.	
5.	

What did you learn about work in 2023?

Please write what comes to your mind.

New skills sets learnt, know-how

1.	
2.	
3.	
4.	
5.	

What did you learn about yourself in 2023?

Strengths, weaknesses, values

1.	
2.	
3.	
4.	
5.	

Which new connections did you develop?

With whom?

1.	
2.	
3.	
4.	
5.	

What values did you bring forth to the community in 2023?

1.	
2.	
3.	
4.	
5.	

What new habits have you incorporated in 2023?

1.	
2.	
3.	
4.	
5.	

Who would play the lead role in a film that you direct about the year 2023? What would you name this film?

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FOR A SUCCESSFUL AND HAPPIER YEAR AHEAD

Please write the goals that you'd like to achieve in 2024
both in your private as well as professional life.

What challenges await you?

Name 5 results that you'd like to achieve in 2024

1.
2.
3.
4.
5.

What would you like 2024 look like for you?

Name 5 words that describe 2024 for you?

1.
2.
3.
4.
5.

What area would you like to develop in your professional life?

1.
2.
3.
4.
5.

What would you like to learn or sharpen in your personal life?

1.
2.
3.
4.
5.

What networks would you like to strengthen or develop in 2024?

1.
2.
3.
4.
5.

What values would you like to bring forth to the community in 2024?

1.
2.
3.
4.
5.

I advise myself the following in 2024

The title of the film that you direct and the lead character would be?