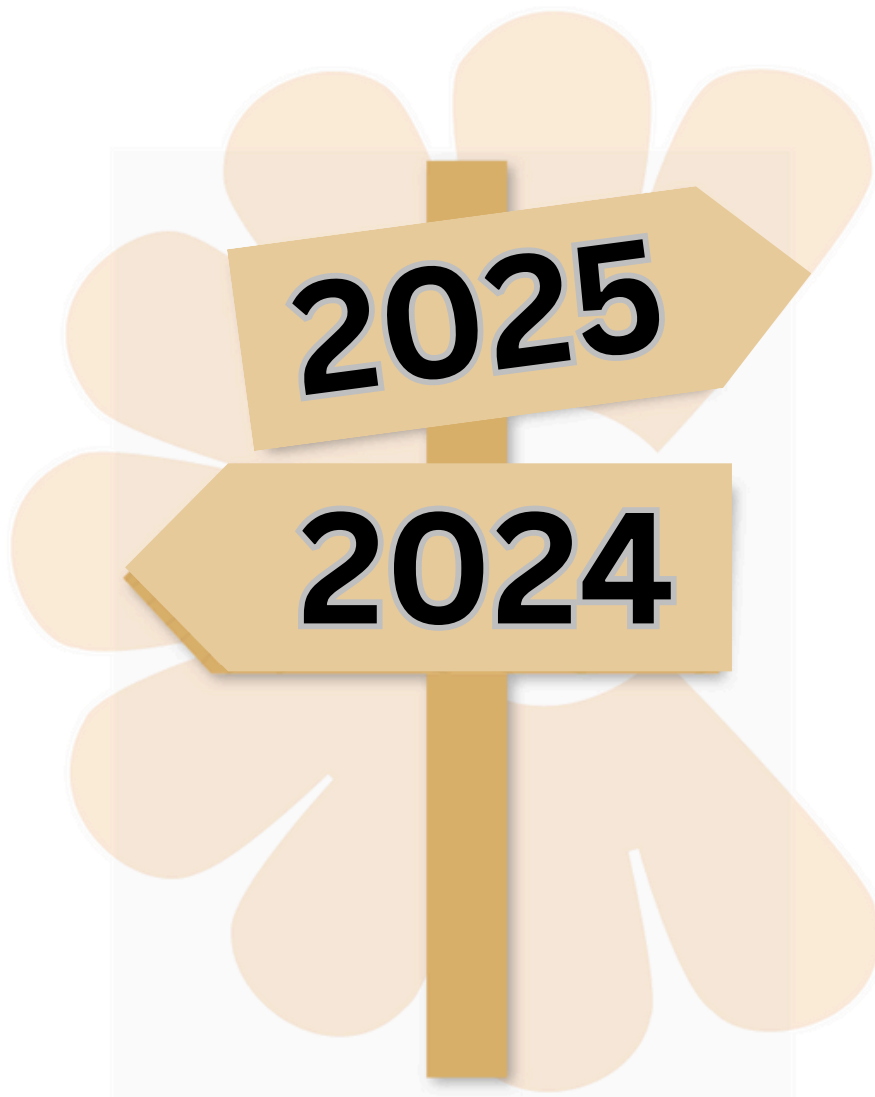


SELF-EVALUATION AND GOAL SETTING IN ORDER TO HAVE A SUCCESSFUL AND HAPPIER 2025

SELF-COACHING EXERCISE FROM BUSINESS COACH LTD.



www.businesscoach.hu



FOR A SUCCESSFUL AND HAPPIER YEAR AHEAD

Reflect back on the year 2024 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 2024 about?

Give 5 words that describe best

1.
2.
3.
4.
5.

What did you learn about work in 2024?

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 2024?

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 2024?

1.
2.
3.
4.
5.

What new habits have you incorporated in 2024?

1.
2.
3.
4.
5.

Who would play the lead role in a film that you direct about the year 2024? What would you name this film?



FOR A SUCCESSFUL AND HAPPIER YEAR AHEAD

Please write the goals that you'd like to achieve in 2025
both in your private as well as professional life.

What challenges await you?

Name 5 results that you'd like to achieve in 2025

1.
2.
3.
4.
5.

What would you like 2025 look like for you?

Name 5 words that describe 2025 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 2025?

1.
2.
3.
4.
5.

What values would you like to bring forth to the community in 2025?

1.
2.
3.
4.
5.

I advise myself the following in 2025

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