

Completing 2023

Plan to spend at least 30 minutes working through these questions in your journal. Use a distraction-free space. Write down your responses versus thinking about them (this gets them out of your head and onto an object so you can fully let them go).

Note: This is a great exercise to do as a family. You might consider answering the questions from the point of view of your team as well.

In the past year:

1. What are you most satisfied with having accomplished? What are you most satisfied with from your team?
2. What was the wisest choice you made?
3. Looking back, what advice would you offer yourself (and your team) at the beginning of 2023 that could have made a substantial difference in your experiences and outcomes for the rest of the year?
4. Reflecting on your personal growth, what habits or behaviors have you successfully changed or improved upon in the past year?
5. What moments challenged your beliefs or perspectives the most? How did you respond, and what did you learn from those instances?
6. What was the riskiest risk you took? How did it turn out? What did you learn from that?
7. What sadness, disappointment, or grief haven't you yet expressed? To whom and how will you communicate that? By when will you do that?
8. What was your biggest failure? Most impactful regret?
9. What surprised you?

10. Reflecting on your use of time and energy, what activities or commitments proved to be the most fulfilling? Which ones drained you or felt less rewarding?
11. What ground did you take in your relationships? In what way? What were the most meaningful connections or new relationships you formed? How did they impact your life?
12. What projects or tasks did you procrastinate on or leave unfinished? What held you back, and how can you approach that differently in the future?
13. Were there any situations where you compromised your values or integrity? How do you plan to ensure alignment with your values moving in the coming year?
14. In what way did you take a stand for yourself this year? How did taking the stand turn out? What did you learn?
15. How did you contribute positively to your community or causes you care about? How do you plan to continue or expand that impact?
16. What acknowledgment(s) would you have liked to receive but didn't?
17. What acknowledgment(s) could you have given but didn't?
18. What, if anything, is there yet to say to be fully complete with 2023?

Note: I'd enjoy hearing how this turned out for you. What did you discover? What new insights did you generate? Email me at andrea@andreabednar.com.

Creating 2024

Plan to spend at least 30 minutes working through these questions in your journal, giving yourself ample time to think, muse, design, and speculate. Work in a distraction-free environment. Write down your responses to the questions so you can review them at the end of the year. Create a physical way to interact with your design of 2024 (a collage, vision board, written purpose statement, etc.).

Note: This is also a great exercise to do as a family.

1. What will you create as your most significant success in 2024?
2. What are you willing to put at risk in this new year? What would make it worthwhile to take that risk?
3. How do you plan to foster a culture of innovation within your team or organization this year?
4. What are you most committed to improving or transforming in yourself? Your relationships? In your business this year?
5. Identify areas for the development of your leadership. What, specifically, will you be developing in 2024? How will you know if you've made progress in that area?
6. In what areas and in what ways will you grow and develop your team? Is there any specific person or people that you will focus on? Why will you focus on them? What practices will you develop to support them?
7. What are you most curious to learn and/or develop this year? What specific skills or knowledge areas do you aim to acquire or enhance in 2024? What practices will you design to support yourself?
8. What would you like your team to be curious about and to learn or develop this year? How might you help them do that?
9. What new strategies or practices will you employ in 2024 to encourage open communication and feedback channels within your team or among peers?

10. What major personal indulgence are you willing to experience this year? How might you indulge your team - in what ways could you surprise and delight them?
11. What is the most significant improvement you plan to make in your personal financial results this year? In your business financial results?
12. In what areas of your life will you create more joy this year? How will you generate that joy?
13. What steps will you take to enhance your well-being and prioritize self-care amidst your personal and professional responsibilities?
14. Do you intend to cultivate or break any habits or routines to boost your effectiveness and satisfaction, personally and professionally? Which habits or routines?
15. What practices will you create to adapt to potential changes in your organization or market trends throughout the year?
16. Create one to three words (or short phrases) for this year's theme (try a few drafts until your words resonate in your body).
17. How will you measure and celebrate milestones and achievements, both personal and collective, along the way?
18. In what other ways, if any, will you create your best year yet?

Resources:

1. ***Mastering the Art of Small Changes for Big Results*** will support you in designing and tracking your practices for 2024. The book details how to do this and is also a journal where you can record your practices, progress, and results. You can purchase it on [Amazon](#) or go to my [website here](#).
2. Request my bibliography. I've been cataloging the books I've read over the years and categorized them for your reference. Send a request for it to teddi@andreabednar.com.