



Pre Planning Questions

1. What three things are you most proud of / grateful for this year?
1a. Best thing about the pandemic?
2. Which event or situation challenged you the most / provided the biggest opportunity for growth or wisdom?
3. What did you notice about yourself this year that you have never noticed or spoken about before?
4. Where do you need to treat yourself more kindly?
5. How did you let your kids know you believe their efforts and dreams this year?
6. Where can you become more helpful for your partner?
7. What needs a more focussed intention in your life?
8. What are 3 areas of unfinished business for the year?
9. What is one thing that, if you had done it already this year, would have made a profound difference to your life/business/relationships/bank balance?