



EXPERTS AT DEVELOPING CORPORATE LEADERSHIP TALENT

LEADERSHIP COACHING NEWSLETTER

This Month's Topic: **Start the Year Smart**

January 2009

U.S. Library of Congress ISSN 1942-7379

To start the year in a powerful way, it is important to look back over the past twelve months and assess your accomplishments and shortfalls before forging ahead with new ideas, goals and resolutions. Do the exercise below called Year In Review outlined below by yourself, with your staff one-on-one, and with your boss as it serves as a wonderful communication tool. I use this exercise with all my clients and complete it with my husband as it has become part of our beginning of the year ritual.

Year in Review

Accomplishments: Take a look back at 2008 and list your accomplishments, things you are most proud of having accomplished in the areas of

- Work
- Spouse or significant other
- Children and extended family
- Personal health and well being
- Spiritual
- Community
- Financial

Shortfalls: Take a look back at 2008 and list your shortfalls, areas in which you fell short, events that disappointed, frustrated, or made you sad. Use the accomplishment categories above to help you make this list.

Opportunities: Looking over your accomplishments and your shortfalls and looking ahead to this year, what opportunities do you see in areas where you would like to see accomplishments for this year? Again use the same categories as before to help you with your list.

This exercise helps to have a sense of closure for 2008 and sets the stage powerfully to accomplish great things in 2009. Of course, the opportunity list becomes your goal list for 2009.

As someone famous once said, "If you don't know where you're going, it won't matter which direction you walk, you'll still be lost."

Questions to Ask Yourself.

What did you learn about 2008 from doing this exercise that you were not aware of?

What are the key areas of focus for you for 2009?

With whom could you share your 2008 list that would make a difference for you?

With whom should you share your 2009 Opportunity List so you can increase support and better position yourself?



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Recommendations

Recommended reading: ["The Art of Extreme Self-Care; Transform Your Life One Month at a Time"](#) by Cheryl Richardson

Recommended Corporate Leadership University training courses: [Click here](#). These courses are conducted by Vision Quest Consulting at your location of choice. Call or email us for more information. 978-692-4454, wcapland@visionquestconsulting.com

We offer leadership and executive coaching, training courses and consulting services to help organizations develop a deep talent bench. We focus on giving good managers tools to use to make them into more effective leaders. Call or email us for more information. 978-692-4454, wcapland@visionquestconsulting.com

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