

**Goal Setting – Reflecting on 2022**



**Learn from yesterday, live for today, hope for tomorrow.**

**~ Albert Einstein**

When planning for next year, it is important to look back on what happened and take the time to reflect, acknowledge, and learn from our experiences.

When you take a stroll through 2022, ask yourself:

1. **What were your 3 greatest achievements or favourite memories last year?**

What went well? These don’t have to be big achievements like a promotion or a course certification, but even something like learning to cook or starting to read books again.





**Some of us learn from other people’s mistakes and the rest of us have to be other people.**

**~ Zig Ziglar**

1. **What did you learn – about yourself, your goals, motivations, life circumstances, opportunities, privilege, limitations, those around you…?**

These can be positive or negative (i.e. what not to do) learnings.





**I never lose**.

**I either win or learn.  
 ~ Nelson Mandela**

1. **What would you have done differently?**

In retrospect, were there actions that you now wished you had taken or had not taken?   
What would you do if you had a rewind button to do things over? Keep this in mind for a similar situation in the future.

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**Ready to set your intentions for next year?** Our [**Goal Setting**](https://kskycoaching.com/worksheets-and-workbooks/) worksheet can help: <https://kskycoaching.com/worksheets-and-workbooks/>