

2024

**HEALTH & WELLBEING
YEAR END ASSESSMENT**

SECTION 1

Did you reach your health and wellbeing goals? Yes No

What goals didn't you reach?

Why didn't you reach these goals?

What did you try that didn't work?

What could you change to make it work next time?

SECTION 2

What did you procrastinate on?

Why did you procrastinate?

How can you eliminate procrastinating in the future?

SECTION 3

What did you start and not finish?

Why did you not finish?

What can you change to make sure you finish in the future?

SECTION 4

What didn't you do that you wish you had?

Why didn't you do these things?

What can you change to make sure you do these things next time?

SECTION 5

What regrets do you have?

Why do you have these regrets?

How can you eliminate regret for the future?

SECTION 6

What thoughts prevented you from doing what you wanted?

Why did you have those thoughts?

How can you reframe them to help you follow through and be stronger and more productive?

SECTION 7

How would you feel if one year from now you're in the exact same place and haven't started on your life and health goals?

What can you do to avoid this from happening?

SECTION 8

What tasks did you find boring, time-consuming, or difficult?

How can you do less of or eliminate those tasks?

What tasks do you love and get excited about doing?

How can you focus more on these tasks?

SECTION 9

Who was a negative factor?

Why were they negative?

How can you deal with this person or people?

SECTION 10

What were your biggest pet peeves and annoyances?

How can you avoid, mitigate, or eliminate them?

If you can't avoid or eliminate them, how can you cope with them?

SECTION 11

What roadblocks are still in your way?

How can you eliminate these roadblocks?

If you can't eliminate them, how can you cope with them?

SECTION 12

What events affected you in a negative manner?

How can you deal with the emotions surrounding these events so you can move on?

What lessons did you learn from these events?

SECTION 13

Who has been supportive of your life and health journey?

How could you help them be *more* supportive of your needs?

How can you help support them with *their* needs?

SECTION 14

Have you been the person you want to be personally?

What did you do to grow personally?

Where do you need to focus more attention regarding your personal growth?

SECTION 15

What were your biggest wins for the whole year?

Who and what helped you the most?

What were your biggest actions that moved you forward the most?

What new skills did you learn?

What new skills do you want or need to learn in the next year?

What motivated and inspired you to take action?

How can you use them to help motivate and inspire you in the future?

SECTION 16

What criticisms did you receive this year?

How did those criticisms make you feel?

How did you respond to those constructively criticizing you?

Did you take action on those constructive criticisms?

If not, why didn't you take action?

How can you improve your responses and actions to criticism in the future?

SECTION 17

What were your unexpected expenses?

How can you avoid or mitigate these in the future?

SECTION 18

Do you have a personal mission statement, vision, and values identified? If not, write one sentence for each below.

SECTION 19

Have you done anything this year to reach your dreams? YES NO

If yes, what have you done?

What more can you do next year?

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