

2022 Life Review

Your Life.
Your Way.



COACHING
by Cathryn

1. MY LIFE - OVERVIEW
2. PERSONAL EFFECTIVENESS
3. CAREER
4. HEALTH AND WELLBEING
5. RELATIONSHIPS
6. HOBBIES AND INTERESTS
7. PERSONAL DEVELOPMENT
8. HAPPINESS
9. CONFIDENCE AND SELF-ESTEEM
10. RESILIENCE
11. FEARS
12. FINANCES
13. FREE TIME
14. MY GOALS

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Contents

#INTRODUCTION



Hi - thank you for downloading my e-book!

These past two years have been like no other.

Our lives have been impacted in so many ways - our personal lives, relationships and working lives too. Plans and goals have been put on hold or abandoned, and there has been the pressure of staying safe and protecting family members too.

Although there is still some uncertainty, we can start thinking about what the future might hold. This e-book will help you reflect on 2022, what you've achieved, what you've put on hold, realisations you've had - and helpful and unhelpful habits you may have picked up or developed along the way!

Reflect on how you've spent your time, what you've enjoyed, what worked well, and what you've learned a lot from (but would rather not repeat!) How have you progressed in the areas most important to you? What drains your energy, and what motivates you?

You can type your responses into the answer boxes as you go along, or simply ponder over the questions. I'd love to hear what you've discovered - you can drop me a line by email or get in touch on social media.

For more information on coaching, or help in setting and achieving your goals for 2023, I'd love to hear from you!

Cathryn

Go through your 2022
diary and emails to
remember everything
you've done this year!

"You'll reflect on how you've spent your time, what you've enjoyed, what worked well, and what you've learned a lot from (but would rather not repeat!)"

How have you progressed in the areas most important to you? Where are the energy-sappers, and what motivates you?"

#LIFE OVERVIEW



LOOKING BACK

How was 2022 for you?

1. What I've learnt about myself in the past year

2. What I've accomplished/achieved in the past 12 months

3. What I would have done differently

#LIFE OVERVIEW

4. What I completed or let go of this year ...

5. The top three most significant events of the past year...

6. What did I do right. What do I feel especially good about?

7. What was my greatest contribution?

8. How did I look after myself this year?

9. How do I support myself?

10. What am I grateful for?

11. What were some fun things I did...

#LIFE OVERVIEW (CONT.)

12. What were my biggest challenges, roadblocks or difficulties?

13. How was I different this year compared to how I was last year?

14. For what am I particularly grateful?

15. What still feels incomplete to me?

16. What do I need to CELEBRATE?

17. Which three words sum up this year?

18. How do I want to remember 2022?

#PERSONALEFFECTIVENESS



1. How do I manage my time?

2. Am I usually on time, a little early, or often late?

3. How well did I use my time, or where was it wasted?

4. How organised was my life this year?

5. How 'in control' did I feel of my time?

TIP #2
TAKING NOTE OF
YOUR
ACCOMPLISHMENTS
BUILDS SELF-
ESTEEM



If you want to be successful, and to have a sense of accomplishment, it's important to review your life from time to time.

Look at how you spent your time, what you achieved, and what you want to do next. And, to what extent you feel in control of where you're going next.

#MYCAREER



1. What were the most enjoyable things I worked on this year?

2. Did I have good working relationships with my colleagues?

3. New skills I've learnt, and new knowledge I've gained:

4. What were the frustrations?

5. Where might I be stuck?

6. How was my work/life balance?

#MYWELLBEING



1. How was my general health this year?

2. Did I take regular exercise?

3. Did I eat healthily on a regular basis?

4. Was my alcohol consumption under control?

5. Did I get enough sleep, and was it quality sleep?

6. How energised did I feel this year?

#MYRELATIONSHIPS



1. What are the most important relationships in my life?
2. Did I spend enough quality time with the important people in my life?
3. Which relationships do I need to focus on more?
4. Who in my life energises me?
5. In which relationships can I feel quite drained?
6. Any other relevant points?

#MYHOBBIESANDINTERESTS



1. Where did I spend time on personal hobbies and interests this year?

2. What do I need to be doing more of?

3. What do I need to be doing less of?

4. What do I need to start doing?

5. What do I need to stop doing?

6. Any other info in this area

#PERSONALDEVELOPMENT



1. How did I invest in myself this year?
2. Did I read enough, watch anything educating/inspiring?
3. What work-related training or development did I complete?
4. In which areas do I feel quite competent?
5. Which areas do I need to work on?
6. Do I have a clear plan for my own personal development?

#MYHAPPINESS



1. On a scale of 1-10, how would I rate my overall happiness in 2022?

2. What made me happy?

3. What gets in the way of me being happier (assuming it isn't a 10)?

4. What may be missing for me

5. What does happiness mean to me / how do I define happiness

6. Any other relevant information

TIP #3
IF YOU ARE ALREADY
WORKING WITH ME
AS YOUR COACH,
THIS REVIEW IS AN
ESSENTIAL TOOL IN
THE WORK WE DO
TOGETHER



*It is up to you how you use this 2022 review.
You can complete every answer by typing directly into the
fields, or you may only want to focus on certain areas that
are important to you.*

#MYCONFIDENCE



1. On a scale of 1-10, how would I rate my confidence in 2022?
2. What makes me feel confident?
3. What could I have achieved if I'd been just 10% more confident this year?
4. Am I more confident than I was last year, or about the same?
5. What holds me back?
6. How would I describe my level of self esteem?

#MYRESILIENCE



1. How effectively did I handle any setbacks I faced this year?
2. Am I more resilient than I have been in past years?
3. What strategies do I use , or what do I tell myself, which make me more resilient?
4. In which situations do I need to be more resilient?
5. What would I have done differently?
6. Am I more or less resilient than people I know ? (my friends / family / colleagues)

#MYFEARS



1. What held me back this year?
2. Are there things I worried or felt anxious about this year?
3. If I didn't have these fears, what might be possible?
4. How might my fears impact my performance?
5. How might my fears impact my relationships?
6. Anything else about fears...

#MYFINANCES



1. Was I on top of my finances this year?
2. Did I budget and plan for the month/year ahead?
3. Am I earning as much as I need to?
4. Am I able to save?
5. Am I on top of any loan, debt or mortgage payments?
6. Any other information on finances ...

#MYFREETIME



1. How did I spend my free time this year?

2. Did I have enough free time?

3. What would I have done with more free time

4. Where do I waste my free time?

5. What does free time mean to me?

6. Any other information on free time...

#MYGOALS



1. Did I set any goals for 2022? If yes, what were they?
2. How did I progress towards these goals?
3. What did I achieve?
4. Did I set goals in previous years?
5. What is my view on goal setting?
6. How different might next year be if I were to set goals?

TIP #4
THINK ABOUT
GOALS YOU'D LIKE
TO SET



"Looking back helps us realise how far we have come, the good we have done, and what is important to us.

It helps us set goals and priorities for what we want to do next."