

Hodges Coaching

DEVELOPING CONSCIOUS LEADERS

Happy Birthday!

Birthdays are a great time to become aware of your personal growth over the past year and make a plan to achieve your wishes for the year ahead. That's why we've created this fun worksheet to share with you on your special day.

Don't forget to save your answers so you can look back at this next year to see all that you've accomplished and what surprised you about this year!

1. What are the top 3 things that pleasantly surprised you from the last year?

2. What are the top 3 ways in which you have personally grown in the last year?

3. What are the top 3 areas where you wish you would have grown more in the last year?

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4. On your birthday next year, what improvements do you hope to report in the three areas identified in question 3?

5. Look at your answers to questions 2 and 4 above. How can you use your answers from question 2 to help you achieve your goals from question 4?