

Negotiating Your Breakthrough Year in 2022

Before beginning, please review your reflections of the past year.

If you haven't completed your Wrapping Up the Year, please do that activity first.

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PART I: REFLECTING AND RECOGNIZING

Take a moment to recognize what worked, what didn't and what you learned in 2021.

- **Mulligan or Do Over:** If I could do one or two things differently this year, I would make the following changes:

- My biggest piece of "**unfinished business**" (something professionally or personally I still need to address or complete) is:

- If I **did nothing** on this unfinished business, I would risk:

- My **next best step** to complete this unfinished business is to:

- One **self-limiting belief** (a thought or pattern that isn't serving me) which I would like to jettison or leave behind this year is:

Reflection questions inspired by work with Vistage and Elaine Morris.

PART II: FOCUSING AND PLANNING

After reflecting on your results and areas where you did not accomplish what you wished, take a moment to realistically think about this year.

- How do I want to be **different** this time next year than I am today?

- Where do I want to share my talents to make the **biggest** impact?

- At year's end, I would be delighted with my performance in 2022 if I reached the following 3-5 milestones:

Milestone	Date to be Completed	How will I measure success?

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PART III: IMPLEMENTING & PERFORMING

Ways to achieve your breakthrough results and make the impact you wish.

- Who** do I want to connect with this year?

- What** are my biggest opportunities this year?

- What** are the biggest challenges I anticipate for this year?

- **Where** do I need assistance or support for this year?

- **Why** is it important (good business/personal reasons/other)?

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PART IV: APPLICATION AND ACCOUNTABILITY

Your commitments and accountability plan to support your goals and success.

- Based on my review of 2021 and plans for 2022, **I commit to:**

- I will hold myself **accountable** in these ways: (ex. review plan, partner, tool, coach)

- A **word or phrase to encourage and propel** me this next year is:

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PART V: REFLECTION AND REVIEW OF NEGOTIATING YOUR BREAKTHROUGH YEAR ACTIVITY

- What I found **most valuable** from doing this activity was:

- What I will **apply first:**

- What was **most surprising** about this review was: