

PROCOACH ANNUAL PROGRESS REVIEW 2014

Reflect on the past year and list 10 major accomplishments, successes, areas of progress or reasons for celebration that occurred during 2014. Include both business and personal.

Idea stimulators		
➤ <i>Business milestones and progress</i>	➤ <i>Presentations and speeches</i>	➤ <i>Health & fitness</i>
➤ <i>Business relationships – new & old</i>	➤ <i>Events attended</i>	➤ <i>Home & family</i>
➤ <i>Leadership success</i>	➤ <i>Obstacles overcome</i>	➤ <i>Trips - Vacations</i>
➤ <i>Professional development</i>	➤ <i>Completion and letting go</i>	➤ <i>Recreation</i>
➤ <i>Financial – income, investments etc.</i>	➤ <i>Personal development</i>	➤ <i>Spiritual</i>
➤ <i>Risks taken/going out of comfort zone</i>	➤ <i>Personal relationships – new & old</i>	➤ <i>Community</i>
Success		Why is it a win/celebration?
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

What are some of the best decisions you made in 2014? What made them good decisions?

What did you do that took you out of your comfort zone in 2014? How did this move you forward?

When you reflect on the past year, what are you proud of and why?

List 3 people who had a positive impact on your life in 2014. What did they do and how did you benefit?

1.

2.

3.

What important lessons or principles did you learn during 2014? What makes them valuable for you?

In what ways have you grown or developed in the past year – business and personal?

Idea stimulators	
<ul style="list-style-type: none">➤ <i>Skills, knowledge and abilities learned</i>➤ <i>New approaches, attitudes or perspectives</i>➤ <i>New ways of being or doing things</i>	<ul style="list-style-type: none">➤ <i>Areas where confidence has increased</i>➤ <i>Qualities developed</i>➤ <i>Habits developed or eliminated</i>

Top Goals for 2015

What are three important goals you are committed to accomplish by December 31, 2015?

Goal #1 (*Write your goal below in a format that is specific and measurable*)

List 2 – 3 specific components, steps or actions that are required in order for you to achieve this goal and the date by which each will be completed.

<u>Component/step/action</u>	<u>Target Date</u>
1.	
2.	
3.	

Goal #2 (*Write your goal below in a format that is specific and measurable*)

List 2 – 3 specific components, steps or actions that are required in order for you to achieve this goal and the date by which each will be completed.

<u>Component/step/action</u>	<u>Target Date</u>
1.	
2.	
3.	

Goal #3 (*Write your goal below in a format that is specific and measurable*)

List 2 – 3 specific components, steps or actions that are required in order for you to achieve this goal and the date by which each will be completed.

<u>Component/step/action</u>	<u>Target Date</u>
1.	
2.	
3.	

The ProCoach Success System coaching program provides a structure that helps self-employed business owners and Financial Advisors significantly increase their performance. For more information about our program send an email to info@procoachsystem.com or call 604-983-8051.