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**2016 Year End Completion Exercise**





**CANDIDATE**

**ASSESSMENT**

**PROPOSAL**

2016 Year End Completion

Before the end of 2016, set aside some time and find a quiet spot to complete this exercise. Feel free to share with colleagues, friends and family members. For extra learning, invite those who have also completed the exercise to meet with you to share your collective thoughts about this year and the coming year. Enjoy!

1. What were your greatest accomplishment(s) or achievement(s) in 2016? (the result you are most proud of)
2. What is the wisest or most significant decision you made in 2016?
3. What failure or near failure led to your most meaningful learning from 2016 and what did you learn?
4. What is your most significant piece of “unfinished business” from 2016?
5. What 3 people had the greatest positive impact on your life in 2016? Have you told them? When will you?
6. What relationships did you most enhanced in 2016?
7. What was the biggest risk you took in 2016?
8. What resentment(s) about 2016 are you still holding onto?
9. What was the biggest shift in attitude you made, that supported you to move past a roadblock or past some internal resistance?
10. What did you want to say (communication you wanted to make), but didn’t? To whom?
11. What are you most grateful for in 2016?
12. What was your biggest surprise in 2016?
13. What did you want to start but didn’t?
14. What did you want to stop but didn’t?
15. What did you want to change but didn’t?
16. What are you most satisfied about completing in 2016?
17. What was the biggest contribution you made or loving service you performed in 2016?
18. In what aspect of your life did you increase your conscious awareness?

Forward the Action

1. What communication(s) will I commit to make (to whom, by when)?
2. What unfinished business will I commit to complete (by when)?
3. What unfinished business do I commit to release?
4. What support do I need to hold myself accountable?