



2022 Year End Completion Exercise

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2022 YEAR END COMPLETION

Before the end of 2022, set aside some time and find a quiet spot to complete this exercise. I highly recommend that you print this out and complete by hand. There is just something about the hand eye connection that facilitates our best thinking and creativity. 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 2022 and the coming year. Enjoy!

1. What were your greatest accomplishment(s) or achievement(s) in 2022? (the results you are most proud of)
2. What is the wisest or most significant decision you made in 2022?
3. What failure or near failure led to your most meaningful learning from 2022 and what did you learn?
4. What is your most significant piece of “unfinished business” from 2022?
5. What 3 people had the greatest positive impact on your life in 2022? Have you told them? When will you?
6. What relationships did you most enhance in 2022?
7. What was the biggest risk you took in 2022?



8. What resentment(s) about 2022 are you still holding onto, if any?
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 2022?
12. What was your biggest surprise in 2022?
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 2022?

17. What was the biggest contribution you made or loving service you performed in 2022?

18. In what aspect of your life did you most increase your conscious awareness?

FORWARD THE ACTION

1. When you look back over your life one year from now, what are the 3 things you'd like to claim as your greatest accomplishments for 2023? You may want to include 3 things in your personal life and 3 things for work.
2. For each of these, what is the first action step you commit to take to make these a reality?
3. What communication(s) will you commit to make (to whom, by when)?
4. What unfinished business will you commit to complete (by when)?
5. What unfinished business do you commit to release?



6. What support do you need to hold yourself accountable?