

Personal planning questions for a purposeful, powerful new year

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As you embark upon a new year, taking time to reflect, celebrate successes from the past year, and plan new goals is an important step for purposefully, powerfully, and joyfully moving forward.



Here are some focused, reflective questions to help jumpstart your new year, or new direction *at any time of the year*. Keep in mind – there are no “right” or “wrong” answers, as these belong to YOU. Tailor the following questions as you see fit to spark your own unique and personal new year’s plan!

1. **What accomplishments can I celebrate from the past year?** (To prompt your thinking, areas of achievement could include your spiritual health, physical health, personal growth, family, financial health, travel and leisure, community service, and creating a warm, welcoming home.)

For the year ahead: What goals do I have for each of these areas?

2. **How have I been a good friend, making myself available and truly “present in the moment” to those I love, and to those who are important in my life?**

For the year ahead: What goals do I have for being a good friend, being available and present in the moment?

3. **How have I been a good steward of my time, talents, and “treasure” or resources during the past year?**

For the year ahead: What goals do I have for being a good steward of my time, talents and resources?

4. **How have I used my abilities and wisdom to make a difference in my community at large?**

For the year ahead: What goals do I have for using my abilities and wisdom to make a difference in my community?

5. **How have I nurtured myself and allowed myself some self-compassion when needed?** (To prompt your thinking, areas of achievement could include learning new things, taking time to work out or go to the gym, scheduling time alone, being with others who support and inspire you, learning from mistakes while moving on and “forgiving yourself,” pursuing nurturing activities that fuel your energy, joy, sense of purpose, and well-being.)

For the year ahead: What goals do I have for nurturing myself and allowing myself some self-compassion when needed?

6. **How have I “shown up” for the most important things in my life,** such as interactions with family, friends, colleagues at work, and in circumstances where others depended on my contributions, listening ear, and service?

For the year ahead: What goals do I have for “showing up” for the most important things in my life?

Happy new year!

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