

My last decade || Directions- Think back on the last decade of your life. How old were you in 2009? Where were you in life? Where did it go from there? Jot down quick memories (see suggestions box) and try to track any cycles or patterns, lessons learned.

2009	2010	2011	2012	2013
2014	2015	2016	2017	2018
2019	<div data-bbox="431 1026 1097 1348"><p>Suggestions:</p><ul style="list-style-type: none">- Achievements- Loss- Learning / Overcoming- Life Event (Marriage, Divorce, Child)- Transition (Moving, career change)- Your year's theme word (lesson of the year)- Wishes fulfilled or unfulfilled</div>			



- What years felt tough? Why?
- What years felt successful, adventurous, joyful? Why?
- How have you changed as a person?
- For what achievements/moments/lessons have you forgotten to be proud of yourself?

My next decade || Directions- There are still things left undone for and by you! Let's dream up what's possible in this next decade and who you want to be by 2029!

Ask yourself: How old will I be (or hope to be) in 2029? Who do I hope is with me, around me? What work do I hope to be doing? What impact do I hope to be influencing my world?



Suggestions:

- Achievements
- Loss
- Learning / Overcoming
- Life Event (Marriage, Divorce, Child)
- Transition (Moving, career change)
- Your year's theme word (lesson of the year)
- Wishes fulfilled or unfulfilled



- What years can I prepare for right now?
- What can I be doing right now to set myself up for success in 2030?
- What do I hope to not forget to do this new decade?
- Where do I need support? (Ex: Further education, Coaching, Family / Friend support, Financial)