



2017 Success Table Challenge – Exercise 1

Find a quiet place to take some time to reflect on your year. **For each month ask your self “what are your 3 successes or highlights (work or personal) for that month?”** It’s easy to forget these in our busy lives. Then give yourself a pat on the back and enjoy your glass of wine.

January	February	March
1.	1.	1.
2.	2.	2.
3.	3.	3.
April	May	June
1.	1.	1.
2.	2.	2.
3.	3.	3.
July	August	September
1.	1.	1.
2.	2.	2.
3.	3.	3.
October	November	December
1.	1.	1.
2.	2.	2.
3.	3.	3.



4. What went well?

5. What did not go so well?

6. What else do I now need to learn for 2018 to meet this or other challenges? What kind of support do I need going forward?