

Year End

**ASSESSMENT
TOOL**



TOMHART
Your Success Strategist

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Year End **ASSESSMENT TOOL**

A Guide to Help You Assess the Progress You
Made Toward Achieving Your Goals

By
Success Strategist and Master Coach

TOM HART

SuccessSeriesLLC.com

Thank You 

Thanks for downloading this quick reference guide to help you effectively assess the progress you made toward achieving your goals. For more resources to help you Grow Your Life or Build Your Business, please visit my website at SuccessSeriesLLC.com.

Year in Review

As you look to the new year, it's important to step back and take a look at the year just finished – to take inventory, add it all up and see how you did.

What were your successes, and where did you come up short? What worked? What didn't? Which were good decisions, and which were bad? It's important to learn the lessons of life quickly or you will be apt to repeat them. The tuition for the lesson gets more expensive each time, so it's better (and less painful) to learn it the first time.

Remember, mistakes are great moments.

”

*A person who never
made a mistake
never tried
anything new.*

- Albert Einstein

Write down all of the goals you set for yourself this year – and the progress you made toward achieving them. Be sure to include overlooked accomplishments that you achieved but may not recognize because you didn't set them as goals.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____

What did you achieve during this past year?

Progress Check-Up

Write down any “wins” or progress that you experienced in any of the seven life areas: physical, financial, professional, relational, spiritual, personal and philanthropical. Examples include: I exercise 3-5 times a week; I have multiple sources of income; My professional network is diverse with people from a variety of industries and backgrounds.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____

Goal Review Questions

1. What is a goal you set this year that you haven't yet achieved?
2. What did you make more important than achieving that goal?
3. Was the goal a *should* rather than a *want*?
4. How have you justified your incompleteness or inaction?
5. What limiting beliefs come up for you around that goal?
6. How will you overcome these justifications or limiting beliefs in the future?
7. What's still important to achieve?
8. What will you need to do to make that happen?

ACTIONS I WILL TAKE

BY WHEN

- | | | |
|----|-------|-------|
| 1. | _____ | _____ |
| 2. | _____ | _____ |
| 3. | _____ | _____ |
| 4. | _____ | _____ |
| 5. | _____ | _____ |

About the Author



Tom Hart is an accomplished Success Strategist, Master Coach and Speaker.

He is the founder of Success Series LLC, a speaking, coaching, workshop and business advisory company dedicated to empowering individuals and businesses to become their **best** selves.

Tom presents workshops, provides executive and life coaching, and consults to organizations on peak performance and other success topics in Los Angeles, Denver, Dallas and Kansas City. You can find Tom at www.SuccessSeriesLLC.com and sample his other resources here: www.SuccessSeriesLLC.com/workshop-resources.

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Thanks,

Tom

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Notes

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