Cherneski Coaching Inc.
(646) 499-4817
(514) 966-7598
www.cherneskicoaching.com

Set Your Intention: 2019

Your Chance to Look Back, Look Forward, and Lay the Path for 2019 Success

Your Successes…

1. What from 2018 stands out for you?

2. What did you do best in 2018?

3. When were you the most fulfilled? Be specific.

Your Future…

1. Name 1-3 actions you are putting off right now?

2. What is making you uncomfortable right now?

3. What are you excited about for 2019?

Cherneski Coaching Inc.
(646) 499-4817
(514) 966-7598
www.cherneskicoaching.com

4. In what area(s) of your life will you make the most significant changes this year (*e.g.*, career, money/finances, health, friends/family, significant other, personal growth, fun/recreation, physical environment)?

5. Name 3 goals you will set for yourself now.