

5 Ideas to end the year

1. Reflect on something you wanted to achieve by the end of this year. How did it go?

2. Think of something unexpected that you learnt this year, what was it and how will you carry it forward?

3. Consider one person that you do not thank enough, and plan to thank them before the end of the year. If possible, write them a letter and read it to them as you present it.

4. Identify something you would like to get better at next year, and start planning to for it.

5. Consider something that you really enjoy doing and plan to do it by the end of the year.

Best wishes!

*Coach Jaki
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