



**SUNDAE
SCHNEIDER-BEAN**

Get results. No matter where you are.

21 Questions to Ask Yourself to End the Year Well

You are five minutes away from knowing exactly what will lead you to a life you love in 2017. Here's how:

1. Set your timer for 5 minutes.
2. Race to answer these questions before the timer goes off!

1. What important life lesson is slowly starting to sink in?
2. Where do I obviously have some work to do?
3. What worked this year that I want to continue doing next year?
4. If I could put my attention into stopping one bad habit, which one would it be?
5. What am I most proud of?
6. What is one thing I did that I promise myself I won't do in the coming year?
7. Who made me laugh the most?
8. Who did I spend time with that feels toxic?
9. What did I do that made me feel alive?
10. In what ways did I "numb" myself?
11. If I put energy into staying connected with just five friends, who would they be?

12. Who do I need to stop hanging out with or responding to on Facebook?
13. What forms of exercise did I enjoy doing and brought me the most energy?
14. What activities are a total drain on my mind, body and spirit?
15. What foods did I eat that I loved and know are good for me?
16. What foods did I eat that made me feel “ick” and are not good for me?
17. When did I manage to get enough time for myself?
18. When did I sell myself and my needs short?
19. What did I do that felt playful?
20. What activities are soul-sucking?
21. What am I celebrating at the end of this year?

Need some help with making this happen?
Email me at sundae@sundaebean.com.



About Sundae Schneider-Bean

She’s an executive coach, intercultural specialist and trainer. She is committed to helping professionals and their families live well and work successfully across cultures – without losing their sense of adventure. American by birth, Swiss by marriage, and expat in South Africa by choice.

Her clients range from European multi-national organizations to international NGOs, from West and East African country directors to new and seasoned expat spouses, representing over 40 countries across 6 continents. Find out more at www.sundaebean.com.