

SIMPLE STEPS
TO AN
Incredible
YEAR

A FREE ONLINE COURSE
WITH *Mel* ROBBINS

Video 1



@melrobbins

melrobbins.com/incredibleyear

In Video 1, I guided you through the importance of reflecting back on the past year before setting goals for the next.

With the last 12 months in mind, I want you to answer these eight questions.

1. What were the highlights of this year?

2. What did you learn about yourself that surprised you?



3. What was the hardest aspect of this year?

4. What lesson did you learn that you're going to take into next year?



5. What's one thing you'll commit to not going back to?

6. What's one thing you started doing this year that you want to keep doing?



7. In what ways are you stronger than you were last year?

What wisdom are you bringing into next year?

8. What are you most proud of that happened this past year?

Once you answer these eight questions, share your biggest insight in the course comments for this video.

And, I would love to cheer for you on social media, so take a picture with the cover and tag me, @MelRobbins.

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