



2019 Year-End Review: Health & Well-Being

Reflect on your health and wellness
milestones from 2019

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About Michelle MacLean

STRESS & RESILIENCE COACH FOR WOMEN

Most women entrepreneurs are stressed, overwhelmed and exhausted trying to do it all. If they don't learn how to recover from daily stress and build resilience they could be headed for full-on burnout.

I've personally been on the brink of burnout three times in my life. Each time I noticed the warning signs and was able to prevent it.

Everything I learned throughout these dark times, I developed into a three-month personalized coaching program that helps women prevent burnout and build resilience so they can succeed at work and thrive in life.

If you feel this type of support would be beneficial, I'd love to speak with you. Email me at mmhealthcoach@gmail.com and we'll schedule a free Stress Breakthrough Session.

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This holiday season, gift yourself 30 minutes to sit and reflect on your health and wellness journey from 2019. Pour yourself a cup of hot tea, light a candle, get out your favourite journal and pen. Use the the following questions guide your reflection process.

PART 1 - ACCOMPLISHMENTS

1. Look back to where you were one year ago? What were your goals or intentions for 2019 related to your health and well-being?

2. What progress toward those goals did you make over the year? Accomplishments, wins, improvements. No matter how big or small acknowledge them. What are your top three accomplishments? What are you most proud of related to your health and wellbeing?

3. Were there any new health and wellness changes you made? Habits you developed?

4. What do you feel grateful for related to your health? (Might want to break this down into sessions - grateful about your body, your physical capabilities, your energy levels, your attitude, mindset, etc)

5. Was there anything new you discovered about your health in 2019? (could be blood test results, a diagnosis, a new symptom, food allergy, how much sleep you need, a new supplement that worked, clarity on what type of diet or nutrition works best for you, maybe you tried yoga and love it, or found a meditation practice that works, a tracking app you love, etc)

6. And because I focus on stress and energy management, I think it's important to look back and identify, what were the people, places events, and situations that generated energy for you? Things that energized you, fuelled you, de-stressed you, made you feel really good?

PART 2 - CHALLENGES

1. What were your top three challenges related to your health? What didn't you make progress on around your health and well-being that you had hoped to? What were the obstacles, that got in the way from you achieving these goals?

2. Where did fear hold you back related to your health and wellbeing in 2019? Was there something that scared you, where you felt stuck, frustrated, resistance?

3. When you look back on the year, what people, places events, and situations depleted energy for you? Drained you, caused stress?

4. What did you learn from these challenges, obstacles and situations that could help move you forward in the future?

5. What new skills, tools or resources would be helpful in moving forward or through these challenges?

6. What do you need to forgive yourself, your body your health for from 2019? Where can you find some gentleness and compassion toward your health and well-being?



Well done!

That was some great reflecting you just did!

Now that you've reflected on 2019, you're ready to start looking ahead to 2020.

In early January I'll be leading you through the next step - planning your health and wellness goals for 2020.

I hope you'll join me for my facebook live mini-workshop. Watch your email for dates and times.

I'd love to support you in 2020 as you work to reducing stress, recovering from it and building resilience to new sources of stress so you can prevent burnout and succeed at work and thrive in life.

Due to a coaching contract in the first quarter, I have just three spots available for 1:1 coaching.

If you know that 2020 is the year you are finally going to get a handle on this, and want one of these spots, please email me directly and we'll book your free Stress Breakthrough Session to discuss working together. mmhealthcoach@gmail.com

Happy Holidays

Michelle