



2020 Year-End Review

Reflect on your health coaching
milestones from 2020

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About Michelle MacLean

SKILLS MENTOR FOR HEALTH COACHES

As a skills mentor for health coaches, I'm passionate about helping new health coaches build their skills and boost their confidence so they can provide real value to clients.

As a Coaching Circle facilitator with the Institute for Integrative Nutrition, I've coached 1000 students and have heard the top doubts and fears they have about coaching clients.

These worries hold them back from launching their businesses, getting clients and being the great coaches I know they can be. But it doesn't have to be this way.

If this sounds like you, I invite you to join me over in my Facebook community with other like minded health coaches who are ready to up-level their skills, confidence and launch successful health coaching businesses.

<https://www.facebook.com/groups/coachingskillsforhealthcoaches>

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This holiday season, gift yourself 30 minutes to sit and reflect on your health coaching journey from 2020. Pour yourself a cup of hot tea, light a candle, get out your favourite pen. Use the following questions guide your reflections.

PART 1 - ACCOMPLISHMENTS

1. Look back to where you were one year ago. What were your goals or intentions for 2020 related to health coaching?

2. What progress toward those goals did you make through the year? Accomplishments, wins, improvements. No matter how big or small acknowledge them.

3. What did you discover or learn about yourself as a health coach in 2020?

4. What do you feel most grateful about from 2020 related to health coaching?

5. When were you courageous or brave related to health coaching in 2020?

6. What coaching skills or competencies did you learn, develop or hone in 2020?

7. What have you done to celebrate or acknowledge your health coaching accomplishments from 2020?

PART 2 - CHALLENGES

1. What were your top challenges related to health coaching in 2020? What didn't get done?

2. What were the obstacles that got in the way? List both internal and external obstacles and/or challenges that held you back:

3. Where specifically did fear hold you back related to health coaching in 2020? Was there something that scared you, where you felt stuck, frustrated, resistance?

4. How did you deal with each of the obstacles? Are they resolved now or still outstanding?

5. What did you learn from these challenges, obstacles and situations that could help move you forward in the future with your health coaching?

6. Did you discover any new skills, tools or resources related to health coaching in 2020? What ones might be helpful as you move forward?

7. What do you need to forgive yourself for, or let go of, from 2020 related to health coaching?

8. What strengths, characteristics, values about yourself will you draw on to move forward?



Well done!

That was some great reflecting you just did!

Now that you've reflected on 2020, you're ready to start looking ahead to 2021.

On Friday, Dec 18th I'll guide you through the next step - planning your health coaching goals for 2021.

I hope you'll join me for Part 2 of this reflecting and planning workshop. Watch your email for details.

I'd love to continue supporting you in 2021 as you build your health coaching competencies and boost your confidence so you can launch your practice and be a skilled and successful health coach.

If you're not already part of my Facebook Community for health coaches who want to up level their skills, then please join us.

<https://www.facebook.com/groups/coachingskillsforhealthcoaches>

Happy Holidays,

Michelle