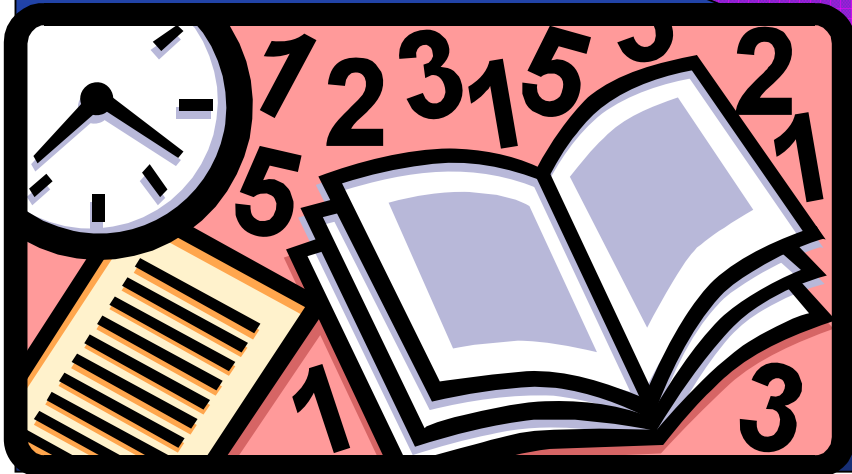


Look Back Log

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Instructions

You've probably got yourself to the end of the year and are starting to make new goals for the New Year. But wait! How often do we congratulate ourselves on how much we have achieved in the year gone by? How often do we measure how far we have come and how good we have been?

The short answer is – not very often!!

We spend way more time beating up on ourselves than we do celebrating just how fantastic we really are.

The Remarkable ME Look Bag Log is designed to help you identify some of the things you can celebrate from the year gone by. It is by no means exhaustive and you can add your own categories and questions on the last page.

It is designed to be a fun way of looking back on the year and helping you identify things you have done well. If you don't have things to write in all the sections, then perhaps you can also use it as a tool to help you identify things you can improve on in the New Year.

The only thing I ask is that you find a way to celebrate your achievements for the year, no matter how large or small.

The Remarkable ME Look Bag Log

The Remarkable ME Look Bag Log is part of Margaret Gill's Remarkable ME program. The Look Back Log is a free product and can be forwarded to friends, family or colleagues so long as you forward it in its entirety.

Margaret Gill is owner of Abundant Private Practices, a small business with a big heart, that helps soul-o-preneurs in their own natural therapy businesses get more clients and grow their business so they feel more successful both personally and professionally.

If you haven't already done so, please visit my website and sign up for my other free program called the 90 Day Challenge. It helps therapists boost their business and grow their practice in 90 Days!
www.abundant-private-practices.com

If you are a goal setter you might like to visit my other website
www.margaretgill.com and get a free copy of my



90 Day Challenge xx

Look Back Log of:



I am a star because:

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.....

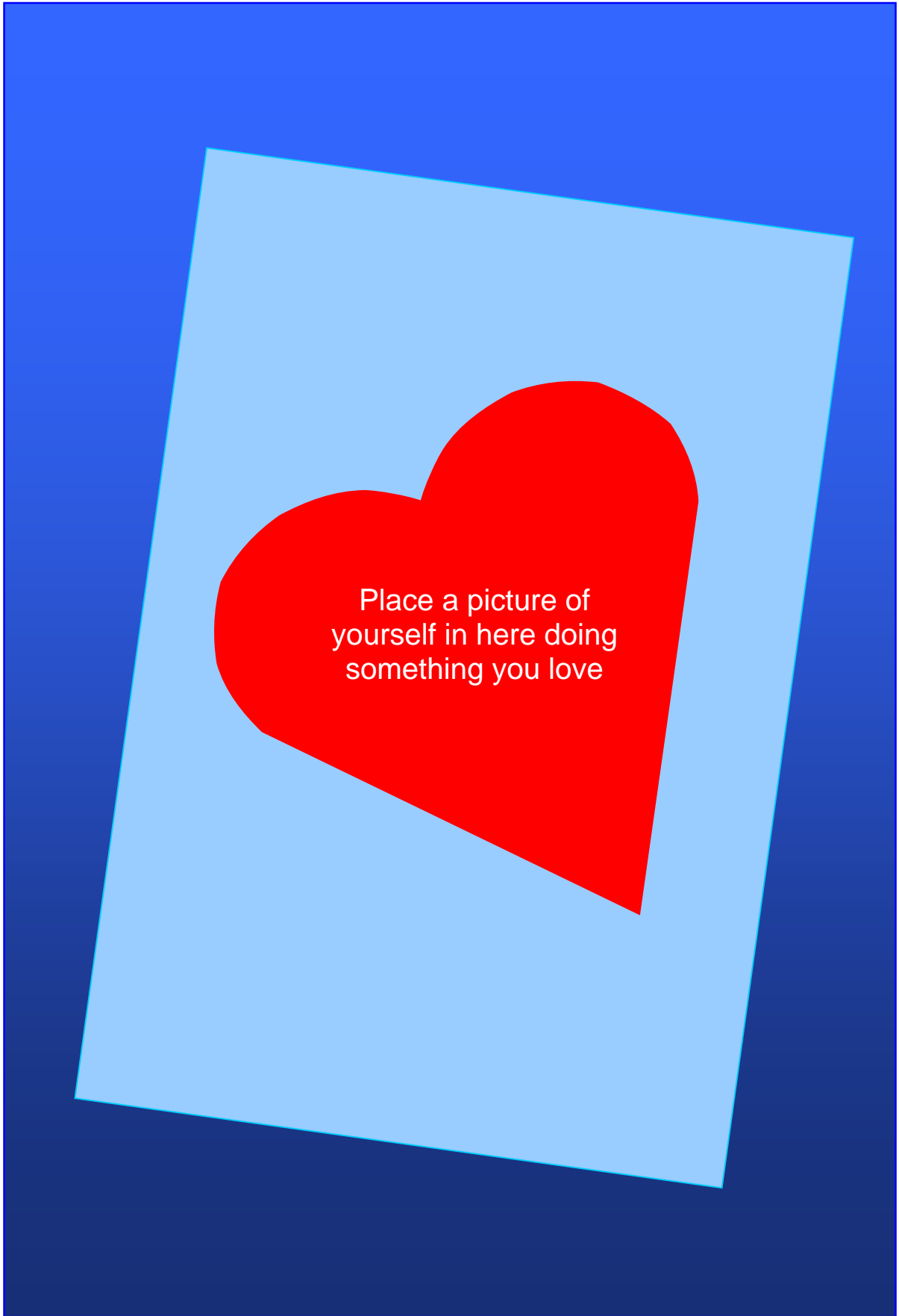
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It's All About REMARKABLE ME

10 things I am most proud of for completing this year

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Significant events for me this year were

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The biggest positive change I made this year was

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Study / New learning / growth completed this year

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I said NO to

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I said YES to

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I honoured by personal boundaries by

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Big decisions I made this year were

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Little things that mattered most were

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Times of great sadness

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Times of great joy

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I said goodbye to

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I said hello to

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Improvements

I simplified my life by

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I stopped procrastinating over

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Clutter I cleared included:

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I stopped:

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Goals I have achieved this year

Major things

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Smaller things that have made a difference

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I allowed my star to shine by

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People

10 people who influenced me

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New people who entered my life this year

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Old friends that just keep getting better

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How these people influenced me

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Relationships

What new relationships have you developed this year
(not just intimate relationships but could include family, children, work colleagues,
friends, neighbours etc)

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How others positively enhanced my life

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List everything you are grateful for in your relationships

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Spiritual Well Being

I connected to my higher self/soul when

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.....
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I allowed my soul to sing when

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.....

I got back to nature when

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.....

I expressed my creativity by

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.....
.....
.....

I was moved to tears by

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My special gifts and talents were expressed when

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Contributing to Others

I have contributed to others by

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I have a made a difference on the planet by

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I have nurtured others by

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I gave back by

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Challenges

Recognise 10 things that challenged you most this year

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10 obstacles I overcame this year

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I am proud because I overcame these challenges and obstacles by

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Fun/Adventure

I allowed myself to have fun / let go / be a little whacky by

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I laughed out loud when

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.....

Name at least one adventure you have had this year

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Name at least one thing you did, just for the fun of it

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.....

I let my inner child out to play when

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These are a few of my Favourite Things

My favourite book/s this year

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My favourite movie/s this year

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My favourite CD/s this year

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My favourite new café/s or restaurant/s this year

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My most favourite new thing I love to do is

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Attitude of Gratitude

Things I am most grateful for this year

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From all these Remarkable things I have done – what I
have learnt most about myself this year is

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My Special Look Back Page

A series of 25 horizontal dotted lines for writing.