

# YOUR YEAR-END LOOK BACK

You wore your red cape more than you know

As we say goodbye to another transformative year in our lives, you deserve a gift: the gift of seeing the moments you soared through your work and your life, no matter what the world threw at you.

Print this out, and set a timer for 15 minutes. Then, write as fast as you can. Don't stop & overthink it—just capture the first things that come to mind. Trust yourself—there's no right or wrong.

You'll end up with an honest reflection of the year that's passed, so you can start the new year ready to soar through your work and life. Let's go!

Always,

Coach Darcy of [RedCapeRevolution.com](http://RedCapeRevolution.com)



**RED CAPE  
REVOLUTION**<sup>SM</sup>

*With Coach Darcy Eikenberg*

# READY? LET'S GO!

The things I'm proudest of in the past year are . . .

The things I'm proud I **did NOT** do in the past year are . . .

The ideas or situations that became clearer to me were . . .

I got clearer on those ideas or situations when I . . .

# (keep going—you're doing great)

This year, my confidence grew in these areas . . .

To help my confidence grow, here's what I did . . .

This year, I used more courage to take control in these areas . . .

I felt like a hero and wore my red cape this year when I . . .

# **(almost done—you're soaring now)**

The year wasn't perfect, but the easiest thing about the year for me was. . .

The best support I got during the year came from . . .

If I could sum up the past year in one final word, it would be . . .

If I could give myself one word of focus for the upcoming year, it'd be . . .

So . . . how'd it go? Hit reply to any email from me (Coach Darcy Eikenberg) and tell me. You've got permission to brag on yourself (I'll cheer you on), ask for some help (that's why I'm here) or just say happy new year. I always love to hear from you!

If it's time to reset for the new year, check out my latest book, "Red Cape Rescue: Save Your Career Without Leaving Your Job" at [RedCapeRescue.com](http://RedCapeRescue.com).