



2019 Year in Review



www.georgiabamber.com



Year in Review

Hi, I am Georgia, a success coach, working to help people transform their lives and reach their goals.

If you are feeling stuck in a rut or frustrated with your progress. I can definitely help. I am a master at helping to people to create change and get more of what they want out of life.

I believe that everyone has a unique potential to live a happy, successful and fulfilling life.

Would you like me to help you tap into yours?

You can find out more about my coaching programs and how you can work with me at www.georgiabamber.com



Georgia xx



Year in Review

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Looking forwards to a fresh and new year is easy to do. It is exciting, it is a blank slate. A new year is full of possibility and potential opportunity. Looking forwards is fun.

On the other hand looking back to the year that has been isn't always as much fun. Every year is bound to be a mixed bag - some wins and moments of joy, some frustrations and inevitable mistakes. Many times we just want to leave the old year behind.

So why am I asking you to do this?

Because there is so much to be learned.

The year that you have just lived is a wealth of wisdom, a gold mine of lessons that can set you up and prepare you for the new year ahead - in the best way possible.

It is also a chance to celebrate and congratulate yourself on all the the things you have achieved and the storms you have weathered.

This is an exercise that will pay off MANY times over - so take the time and have a quick peak behind. Check out how your year has gone.

I think you will be surprised at just how far you have come.



Year in Review

Some people like to have an in-depth analysis of the year just past. My method of review is a bit more quick and dirty, but I have found it to be incredibly affective. Just a few insightful questions to get you thinking and reflecting. Short, sweet and to the point.

And don't just think about the answers to these questions, I want you to write them down - it is so much more powerful that way.



Year in Review

What did you do this past year that you are really proud of?

What did you do this past year that filled you with joy?



Year in Review

What in the past year were you most thankful for?

What mistakes did you make?



Year in Review

What lessons did you learn?

What held you back from being who you wanted to be and achieving what you wanted to achieve?



Year in Review

What goals, commitments and projects might it be time to let go?

What thoughts and emotions did not serve you this past year?



Year in Review

Now you know what you did in 2019.....

What would you like to create for yourself in 2020?

If you want the best chance to make these goals, dreams and changes happen

Get an awesome coach on your side! Me!

I can provide you with all the tools, support and accountability you need to make your 2020 a standout year.

So why not book in a (free) discovery call and find out how coaching can transform your life. We will chat about everything that you would like to achieve and formulate a plan as to how to make it a reality.

[BOOK YOUR CALL HERE](#)