**Quarterly/Yearly Review**

1. What good things has this past year catalyzed for you?
2. What challenges has this past year presented to you?
3. What opportunities has this past year presented to you?
4. What do you need to recognize has changed, and accept, to move forward?
5. What significant projects have been displaced by last year’s events?
6. What significant new projects have emerged since last year?

**Mid-month review questions**

1. What have you accomplished?
2. What goals or projects need to be adjusted or dropped?
3. What are your priorities for the rest of the month?
4. What bills need to be paid, and do you have the funds in place to cover them?
5. What projects or tasks have fallen off the radar?
6. When was the last time you rewarded yourself, and when will be the next?

**10/15 Split**

10 Minute Checkin:

1. Has anything significant changed between now and the last check-out?
2. What did you plan for today?
3. What is one thing you are going to start on right now?

15 Minute Check-out:

1. What did I accomplish? (Celebrate!)
2. Is there anything that you need to do right now to be able to disengage?
3. When do you need to do the things that you didn’t get done today?