



- Analyze wins and opportunities from 2022.
- Express motivations for success.
- Brainstorm ideas to level up in 2023.
- Define S.M.A.R.T. goals for 2023.
- Leverage the power of habits to support goals.
- Schedule action plan to support goals.
- Develop a resilient strategy to overcome obstacles.
- Partner with an accountability buddy.





- Reflect on the past year.
- Note 2022 wins.
- Note 2022 opportunities.



How was your 2022?Go to menti.com.

- Enter code 48 53 15.
- Answer the question.

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- What is your biggest achievement?
- What are you most proud of?
- What could you improve?





- What inspires you?
- What motivates you?



- Gather images.
- Compile a set of words.



MA Share your inspirations and motivations. Write or draw on the whiteboard.





- Brainstorm career goals.
- Brainstorm personal goals.



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- Share potential career goals.
- Share potential personal goals.
- Write in the chatbox.



- Please be back in 15 minutes.
- Enjoy!







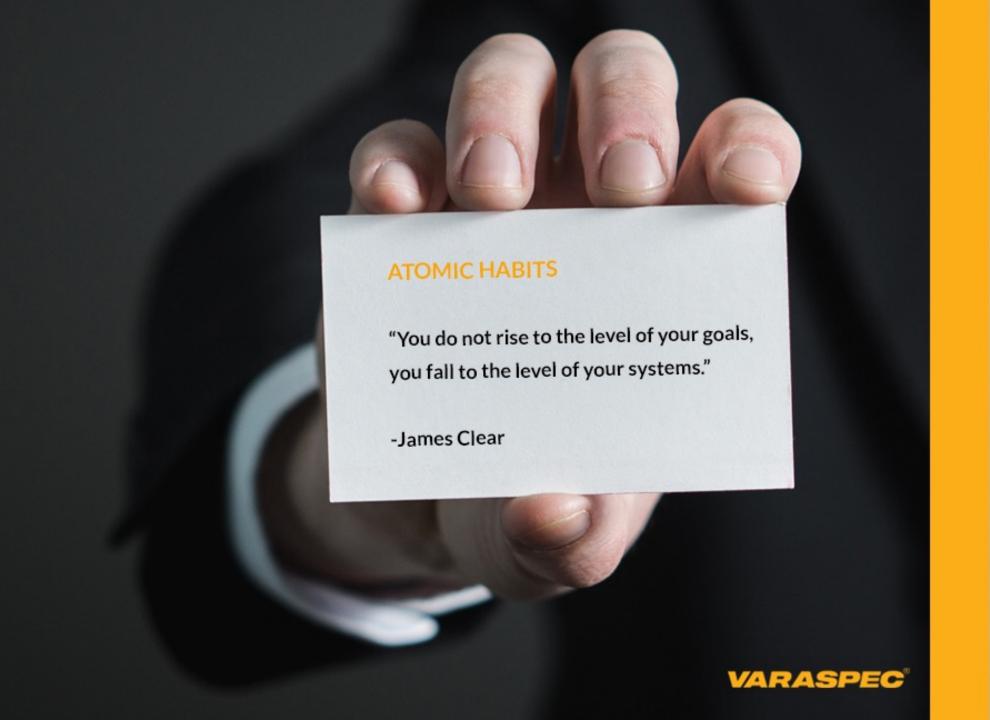
- Decide on one career goal.
- Decide on one personal goal.

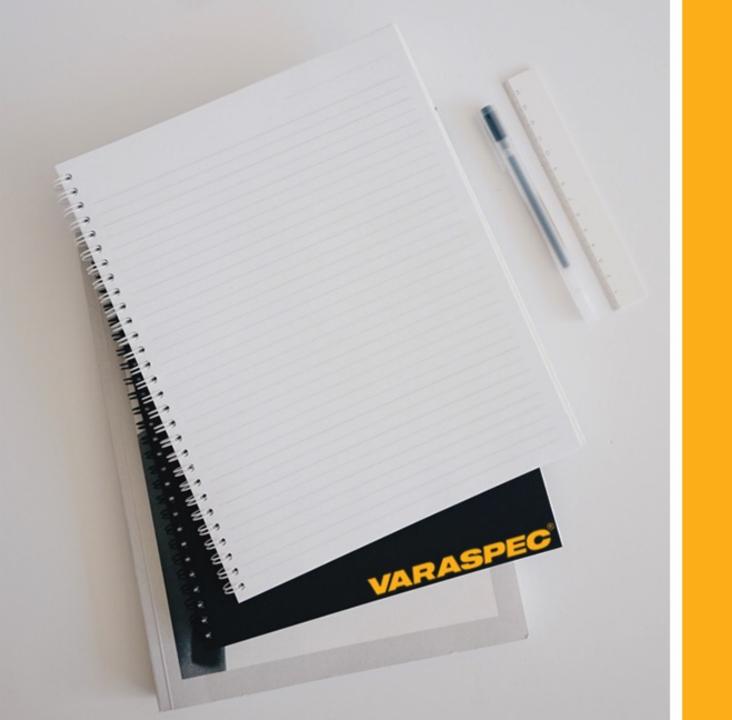


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- Join breakout room.
- Discuss optimizations.







- Decide on one career habit.
- Decide on one personal habit.



Join breakout Share habits. Discuss optim

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PLAN & PRIORITIZE "Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan." -Tom Landry **VARASPEC**



- Schedule your career habit.
- Schedule your personal habit.
- Make a plan for the weekend.



- Please be back in 15 minutes.
- Enjoy!





- List potential personal obstacles.
- List potential career obstacles.
- List potential schedule obstacles.



- How do you overcome challenges?
- Join breakout room.
- Share challenges.
- Discuss optimizations.



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How do you overcome challenge?
Go to menti.com.
Enter code 84 11 38.
Answer the question.

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- How do you overcome challenges?
- Share examples with group at large.



- Strategize to overcome:
- personal obstacles
- -career obstacles
- -schedule obstacles







- How do you define success?
- Join breakout room.
- Decide on an accountability strategy.
- Create an accountability schedule.



