

# Self-Coaching Minute Advent Calendar

2020



A question a day, to ponder with your festive season's favourites!  
And yes, the calendar goes all the way till the 31<sup>st</sup> of December...

1 What has inspired you in 2020? Who has inspired you in 2020?  
How have you used that inspiration in your life?

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2 What are the 5 main obstacles you have overcome in 2020?

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3 Where have you mostly got your energy from in 2020? How  
different has this been from previous years?

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4 What are the 3 ways you have stopped yourself from doing  
what you wanted to do in 2020?

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5 What decision would you want to commit to before the end  
of 2020?

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6 What have you noticed in 2020 that you were not aware of  
before?

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7 How have you dealt with your "inner critic" voice in 2020?

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8 How have you enabled greatness in others in 2020?

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9 How have you found peace in 2020?

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10 What positive habit have you initiated or sustained in your  
personal or professional life in 2020?

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11 Have any of your values been infringed in 2020? If so which  
one(s)? How has this made you feel?

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12	What decisions have you avoided in 2020?
13	What have you believed about yourself in 2020?
14	What has given you the most satisfaction in 2020?
15	What have you been least confident about in 2020? How have you tried to overcome this?
16	What have you done in 2020 to help make your dream/goal a reality?
17	What have been your most useful mistakes in 2020? What have you learned from them?
18	What has been your general sense of direction in 2020? Where are you now on that path?
19	What's the biggest lie you have told yourself in 2020?
20	How have you connected with nature in 2020? How has nature helped you?
21	What permissions have you given yourself in 2020 (e.g. permission to do something, to act or a be a particular way)?
22	What have you avoided admitting to yourself in 2020?
23	Have there been any emotions that you have tried to avoid in 2020?
24	How have you found the courage to do what you thought was right in 2020?

25	What has given your life meaning in 2020?
26	What has made you feel valued in 2020?
27	What has made you get out of bed in the morning in 2020? What has made you feel you'd rather stay there?
28	What risks have you taken in 2020? How have you felt about them? What have you learned?
29	What has been the main theme for you for 2020? Could you summarise it in a word?
30	What insights from 2020 would you like to bring to 2021?
31	What 3 words would best describe your intention for 2021? (see below)

As this year is coming to an end, and with the learning and insights you gained from answering these questions (Congratulations!), I am leaving you with an enquiry:

What 3 words would best describe your intention for 2021?

I invite you to think about the first word as a direction you want to take and follow for 2021, and the second and third words as the threads, themes, or signs under which your journey will take place.

Happy New Year!

Walk Gently,

Laetitia

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