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# LIMITLESS COACHING CALL

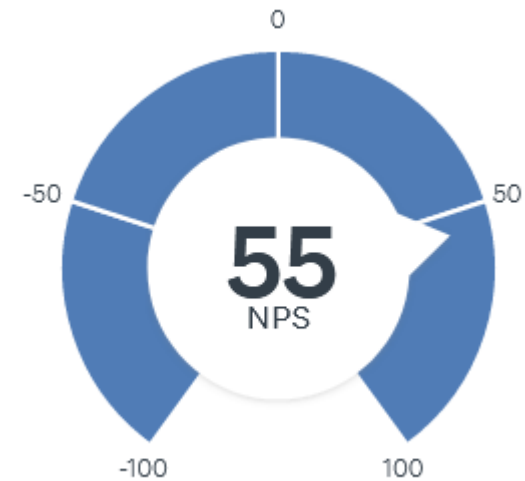
December 12, 2022

# Survey Results & Winners....

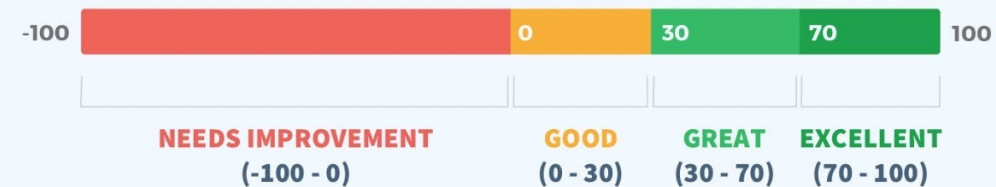
- Great NPS scores (thank you!)
- #1 Challenge: A clear roadmap (overwhelm)
- *What did we learn?*



Limitless Book Set



## What is a good NPS score?





# BIG IDEA:

Write a Thank You Letter to your Year!

- ✓ Extract Lessons
- ✓ Win or Learn
- ✓ Cultivate Awareness
- ✓ Gratitude Increases Happiness



Extracting lessons from the year ensures you never fail, instead you either win or learn

December 7, 2020 by Stephanie Rogan  [in](#) [t](#) [f](#) [p](#) [u](#)

This was far from a typical year, so it's fitting this not be a typical post. This *last column* of 2020 is as much about my learning as yours.

I'm just back from my annual 'Reflection Retreat,' three days of solitude during which I rested, recharged and reflected on 2020. Before finalizing plans for the coming year, I want to squeeze all the learning from this one. Otherwise, all misses are sunk costs. Taking time to extract your lessons from the year has real ROI because it ensures that you never fail, you either win or you learn.

[More: [Year in review: Pandemic edition](#)]

In this last column of a daunting year, I'm sharing the exercise I used to capstone this year — I wrote a thank you letter to 2020. It may sound silly, but I assure you it can produce striking insights.

You begin by listing out every person and situation that challenged you this year. When candid, this can take a few pages. Next, go down the list giving serious thought to what you learned from each item, only moving to the next item once you've noted all the learnings for which you can be genuinely grateful.

Once done, you write out 'Dear 2020, this year I'm grateful for...' and you write out a letter thanking the year for each of the valuable lessons you learned and how it will help you experience greater success and satisfaction in the year ahead.

You conclude the letter with "In 2021, I'll reap the full return from these lessons by..." and list how you intend to use the learning and what actions you will take as a result in 2021.

For the macho among you, [Joeko Willink](#) is a massive fan of gratitude journaling. For the philosophical and the profit seekers, [Harvard happiness researcher Shawn Achor](#) notes working from a positive state increases productivity 31%, boosts sales 37% and improves every other business outcome measured.



# ROUNDTABLE SHARES: #winning



CLIENT WIN



MINDSET WIN



LIMITLESS LIFE WIN



VALUE WIN



MARKETING WIN





LIMITLESS Q&A