

Looking back at _____

About 90 minutes, once a year
Walk the year 20 · Look back 45 · Plan 25

1 Walk the year, month by month 20 minutes

Open your calendar, your photos and your journal first. One line for each month: the thing you'd tell a friend about it.

JAN	JUL
FEB	AUG
MAR	SEP
APR	OCT
MAY	NOV
JUN	DEC

2 Look back 45 minutes

1. What am I proudest of from this year?

2. What was the best moment of the year, and what was the hardest?

Best:

Hardest:

3. What did I finish or get through that I'd forgotten about? The list is always longer than it feels.

4. What worked, and why?

5. What didn't work, and what did it teach me?

6. Who made this year better, and have I told them?

7. Where did my time and energy go that I wouldn't choose again?

8. Which three words sum up this year?

Turn over to carry the year forward

3 Keep, stop, start 10 minutes

4 Next year 15 minutes

First step: _____ by _____

First step: _____ by _____

First step: _____ by _____

Mid-year check-in _____ Next review _____