YEAR IN REVIEW

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 _____

FEB _____

MAR _____

APR _____

MAY _____

JUN _____

JUL _____

AUG _____

SEP _____

OCT _____

NOV _____

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

Carry it forward

Next year _____

3 Keep, stop, start 10 minutes

9. What will I keep doing, what will I stop, and what will I start?

KEEP	STOP	START

4 Next year 15 minutes

10. What one word do I want for next year?

My word:

11. Which one to three goals matter most next year, and what is the first step for each?

1

First step: _____ **by** _____

2

First step: _____ **by** _____

3

First step: _____ **by** _____

Mid-year check-in _____ **Next review** _____

12. What would I like to write here a year from now? A note to read at the next review.