



YEAR END REVIEW

WHAT DID YOU DO WELL THIS YEAR? NAME YOUR GREATEST SUCCESS

This image shows a full page of dot grid paper. The background is white, and it is covered with a uniform grid of small, light gray dots. The dots are arranged in straight horizontal and vertical lines, creating a pattern of small squares across the entire page. There are no margins, text, or other markings present.

REFLECT ON YOUR SUCCESSES AND PINPOINT THREE REASONS BEHIND THEM.

Did You Have A Mentor? Attend a conference? Enroll in a course?

CAN YOU THINK OF A MISTAKE, PROBLEM OR FLOP THAT OCCURRED THIS PAST YEAR?

What did you learn from it?

How can you avoid repeating it next year?

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IN WHAT WAY DID YOU TAKE A RISK IN YOUR CAREER OR BUSINESS? DID IT PAY OFF? IF THINGS DIDN'T TURN OUT AS PLANNED, DO YOU REGRET TAKING THAT RISK?



A large rectangular area with a light purple background, containing 20 horizontal dashed lines for writing.

HOW CAN YOU BE MORE STRATEGIC IN CREATING MORE SUCCESSFUL RISK-TAKING VENTURES NEXT YEAR? IT'S IMPORTANT TO CONSIDER RETURN ON INVESTMENT AND TO DO SOME RISK ASSESSMENT BEFORE MAKING ANY DECISIONS.



A large rectangular area with a light gray background, containing horizontal dotted lines for writing.

WHAT SPECIFIC SKILLS DID YOU LEARN THIS YEAR? DID YOU USE THEM OR DO YOU HAVE PLANS TO PUT THEM INTO PRACTICE NEXT YEAR?

DO YOU HAVE ANY LOOSE ENDS OR UNFINISHED BUSINESS YOU WANT TO TAKE CARE OF BY YEAR'S END? HOW CAN YOU TAKE CARE OF THESE THINGS IN ORDER TO START THE YEAR OFF ON A STRONG FOOTING?

NAME _____
3 WORDS THAT BEST
SUM UP THIS PAST YEAR.
HOW DOES EACH MAKE YOU
FEEL? NOW LIST 3 NEW WORDS
THAT COVER WHAT YOU
WANT MOST FOR
NEXT YEAR.

WHAT
RESOURCES (TIME,
MONEY, ENERGY, EMOTIONS)
DID YOU USE MOST WISELY IN
YOUR WORK LIFE? WHICH COULD
YOU HAVE BEEN BETTER AT
UTILIZING? USE THIS
INFORMATION TO PLAN YOUR
RESOURCE ALLOCATION
FOR NEXT YEAR.

[illegible]

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HOW DO YOU FEEL
ABOUT THIS PARTICULAR
SUCCESS?

HOW CAN YOU USE
THESE FEELINGS TO
HELP YOU CREATE A SIMILARLY
LIFE-CHANGING GOAL
FOR NEXT YEAR?

WHAT WAS THE
MOST FUN YOU HAD
THIS YEAR?

IN WHAT WAYS
CAN YOU BUILD MORE
EXPERIENCES LIKE THIS INTO
YOUR LIFE FOR NEXT
YEAR?

DO YOU HAVE A MAJOR
PERSONAL REGRET FOR THIS
YEAR?

CAN YOU RESOLVE IT? IF NOT, HOW DO
YOU THINK YOU CAN AVOID SUCH FEELINGS
OF REGRET IN THE COMING YEAR?

IN WHAT WAYS DID YOU
SPLURGE ON YOURSELF THIS
YEAR?

DO YOU FEEL SATISFIED WITH
THOSE THINGS?

USE THIS INSIGHT TO GUIDE THE WAYS IN WHICH YOU PAMPER YOURSELF NEXT YEAR

LET'S EXAMINE
YOUR HABITS. DID YOU DEVELOP A NEW, POSITIVE HABIT
THIS YEAR THAT YOU'D LIKE TO KEEP? WHAT'S YOUR WORST HABIT FROM
THIS YEAR THAT YOU PLAN TO DITCH IN THE FUTURE? HOW WILL YOU MAKE
THAT HAPPEN?

NAME SOME
WAYS IN WHICH YOU FEEL YOU'VE GROWN THIS YEAR.
SPIRITUALLY, EMOTIONALLY, RELATIONSHIP-WISE, ETC. HOW
CAN YOU CONTINUE OR IMPROVE SUCH GROWTH?



WHO HAD THE BIGGEST IMPACT OR PLAYED THE MOST IMPORTANT ROLE IN YOUR PERSONAL LIFE THIS YEAR? IF THAT PERSON WAS YOU, ARE YOU SATISFIED WITH THAT OR WOULD YOU LIKE TO STRENGTHEN YOUR INTERPERSONAL CONNECTIONS IN THE UPCOMING YEAR?



A large, empty, light purple rectangular area with rounded corners, intended for writing a response to the question above.

IN WHAT WAYS DID YOU PRACTICE SELF-CARE THIS YEAR? THE CONCEPT OF SELF-CARE INVOLVES CARING FOR YOURSELF PHYSICALLY, EMOTIONALLY, SPIRITUALLY AND MENTALLY. DO YOU FEEL YOU TOOK ADEQUATE TIME IN MEETING YOUR OWN PERSONAL NEEDS THIS YEAR?
HOW CAN YOU CONTINUE ON THAT PATH OR IMPROVE IT FOR NEXT YEAR?



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