



Your Year in Review



About

This *Your Year in Review* document is designed to help you look back at what worked for you in the past year with honesty and without judgement, and to look forward with confidence in knowing that you are on the right path.

There will be questions you can add yourself. And some questions may be difficult to answer. That's ok. You may find yourself leaping into action once you've completed your review. Or you may find yourself with more questions. That's ok too.

This review will help you put plans in place. It will help you identify things you will no longer spend time on. And it will pinpoint where you do want to spend time also.

With *Your Year in Review* completed, you will be ready to step into the next phase of goal-setting or to select a theme for the next year. I wish you good luck for the year ahead!

~ Angela Esnouf

The Past Year

1. Last year, I really enjoyed doing _____ .
2. Last year, I really enjoyed spending time with _____ .
3. Last year, I enjoyed the challenge of _____ .
4. Last year, doing this really paid off _____ .
5. If only I'd had more time for _____ .
6. I wish I hadn't bothered with _____ .
7. I wish I'd spent more time doing _____ .
8. What stopped me doing those things was _____ .
9. I found this really difficult _____ .
10. The best thing about the past year was _____ .

The Next Year

11. This year, I want to feel _____.
12. This year, I'm looking forward to _____.
13. This year, I want more _____.
14. This year, I want less _____.
15. The qualities I admire most in others are _____.
16. The qualities I admire most in myself are _____.
17. My favourite part of the day is _____.
18. Because _____.
19. This year, I want to spend time doing _____.
20. This year, I want to spend time with _____.

Thinking Outside the Box

<p>Name your favourite colour</p> <p>Why is it your favourite?</p> <p>What are the qualities you admire about it?</p>	<p>Name your favourite flower</p> <p>Why is it your favourite?</p> <p>What memories does it conjure?</p>
<p>Name your favourite movie</p> <p>How does it make you feel?</p> <p>What do you like about it?</p>	<p>Name your favourite song</p> <p>How do you feel when you hear it?</p> <p>Why is it your favourite?</p>

Imagine, a year from now, that all your dreams and plans have been fulfilled.

How do you feel?

What does your life look like?

Who is standing there with you?

Who was there throughout the year, helping you?

What is the biggest change?

How will you celebrate?

The Review

This tells me ... (bring it all together here – everything you've discovered about yourself, your hopes and passions)



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