



# A YEAR IN REVIEW

50+ QUESTIONS FOR ANNUAL REFLECTION

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# Step 1: Life satisfaction chart

The life satisfaction chart shows how satisfied you are with different core life areas. This exercise will give you an idea of where you progressed the most in the past year and on what to focus in the next year.

## IN THE BEGINNING OF THE YEAR - visualize January 1

Please assess from 1 to 10 how satisfied you were with different areas of life in the beginning of the year. *Mark with the X.*

	1	2	3	4	5	6	7	8	9	10
<b>General happiness</b>										
<b>Health</b>										
<i>Diet</i>										
<i>Fitness</i>										
<i>Lifestyle</i>										
<b>Relationships</b>										
<i>Spouse</i>										
<i>Kids</i>										
<i>Primary family</i>										
<i>Friends</i>										
<i>Boss</i>										
<i>Coworkers</i>										
<i>Mentors</i>										
<b>Money &amp; Wealth</b>										
<i>Earnings</i>										
<i>Savings</i>										
<i>Investments</i>										
<b>Career</b>										
<b>Emotions</b>										
<b>Skills &amp; Knowledge</b>										
<b>Technology skills</b>										
<b>Spirituality</b>										
<b>Fun</b>										

## AT THE END OF THE YEAR

Please assess how satisfied you are today with every life area. *Mark with the X.*

	1	2	3	4	5	6	7	8	9	10
<b>General happiness</b>										
<b>Health</b>										
<i>Diet</i>										
<i>Fitness</i>										
<i>Lifestyle</i>										
<b>Relationships</b>										
<i>Spouse</i>										
<i>Kids</i>										
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<b>Technology skills</b>										
<b>Spirituality</b>										
<b>Fun</b>										

In which life areas have you **progressed the most**? Why?

In which life areas have you **declined the most**? Why?

## AT THE END OF THE YEAR - STEP 2

Take another look at all the areas you assessed with 4, 5, 6 or 7. These are the areas where you're averagely satisfied. It's much easier to reflect and draw conclusions if you have a more shaped and clearer view of whether you're satisfied with a specific area of life or not.

So, assess life areas again, but now by using only the numbers 1, 2, 3, 8, 9 and 10.

	1	2	3					8	9	10
<b>General happiness</b>										
<b>Health</b>										
<i>Diet</i>										
<i>Fitness</i>										
<i>Lifestyle</i>										
<b>Relationships</b>										
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<b>Career</b>										
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<b>Skills &amp; Knowledge</b>										
<b>Technology skills</b>										
<b>Spirituality</b>										
<b>Fun</b>										

Which life areas are currently in the red and which ones in the green? Why?

What is the one life area you want to improve the most in the next year?

## Step 2: A Year in Review - Analysis of the past

**LEARNING FROM SUCCESS** - Answer the questions below

What were your 3 – 5 biggest accomplishments in the past year?

What contributed the most to these accomplishments (new knowledge, a coach, ...)?

Which other goals have you achieved in the past year and which new things are you proud of?

Which healthy habits have you followed the past year?

What were the smartest decisions you took?

Which new competences (knowledge, skills) and strengths have you developed?

What were 2 – 3 greatest lessons that you learned?

Which risks did you take and how did they pay off?

**LEARNING FROM FAILURE** - Answer the questions below

What were your biggest failures in the past year?

How did you grow as a person and what have you really learned from failure?

What contributed the most to the desired results not happening?

What other goals did you not meet in the past 12 months?

Which unhealthy habits did you follow in the past year?

What were your worst decisions of the year?

What is the biggest “unfinished business” and what can you do about that?

What do you wish you had done differently in the past year?



What risks did you take that didn't pay off? What were your wrong assumptions?

## **REALTIONSHPIS** - Answer the questions below

Did you make any new relationships that enriched your life? Who and why?

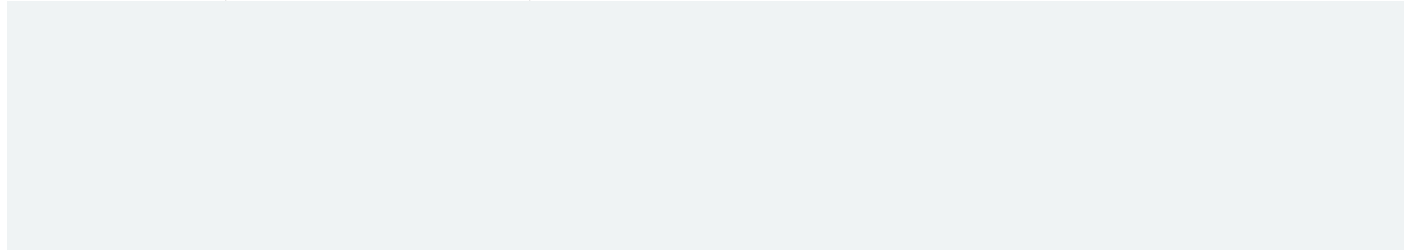
Which relationships improved the most in your life and why?

Which relationships took a downturn and why?

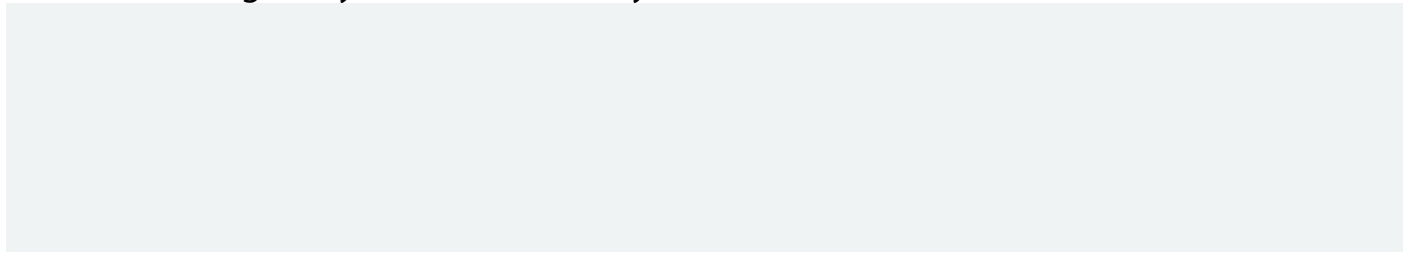
Who had the biggest impact on your life in the past year?

**OTHER** - Answer the questions below

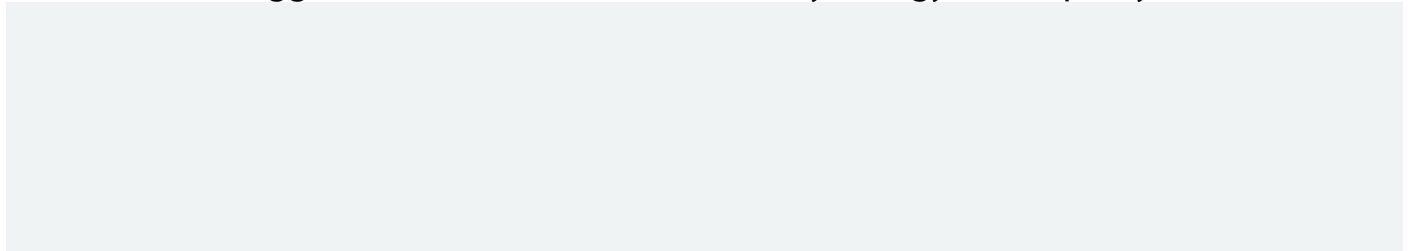
Select 3 – 5 keywords for the past year (use free associations)



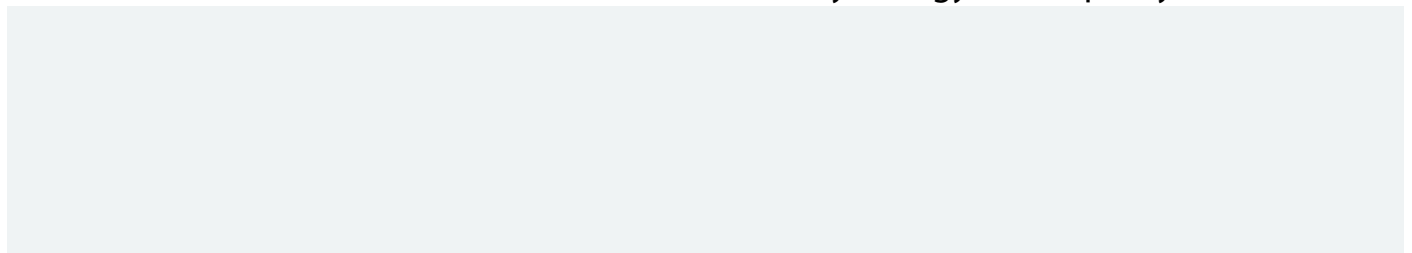
Which new things did you discover about yourself?



What were the biggest resource wasters (time, money, energy) in the past year?



What were the best resource investments (time, money, energy) in the past year?



*Answer all of the questions and then carefully review them. Try to gain as many insights and draw as many bottom-lines from the previous year as possible.*

## Step 3: Firm decisions for the upcoming year

At this point, you should have a good picture of where you currently are in life and about the core events that had an influence on your life in the past year. The next step is about making firm decisions on how you will improve yourself in the future and what goals you will follow.

### **BEHAVIORAL PATTERNS** - Answer the questions below

What are 3 – 4 things that you will stop doing in the next 12 months?

What are 3 – 4 things that you will start doing in the next 12 months?

What are 3 – 4 things that you will continue doing in the next 12 months?

What other new healthy habits will you start following and which bad habits will you ditch?

Name one personality trait you want to get rid of to become a better person next year:

### **PERSONAL GROWTH & COMPETENCES** - Answer the questions below

Which new competences do you plan to develop in the next year?

What is the one skill you already possess and haven't been using that you will put to hard work?

What is the biggest step out of your comfort zone that you will take or which fears will you face?

Which completely new things will you try in the coming year?

How do you intend to be different at the end of next year?

**RELATIONSHIPS** - Answer the questions below

Which existing relationship in your life deserves more attention?

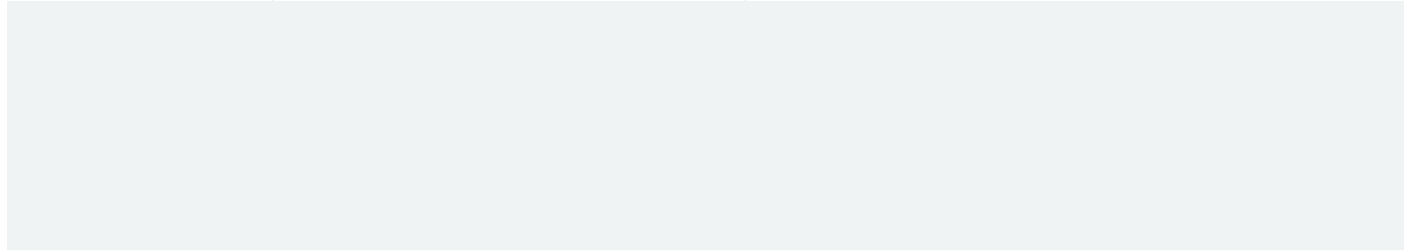
Which new relationships do you plan to forge in the upcoming year?

What kind of help will you seek from current and new people in your life?

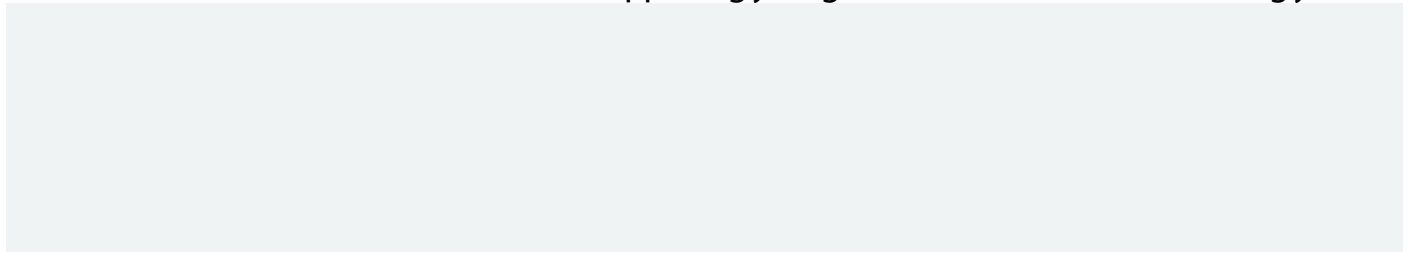
Who will you help to progress in life in the next year?

**ENVIRONMENT AND TRENDS** - Answer the questions below

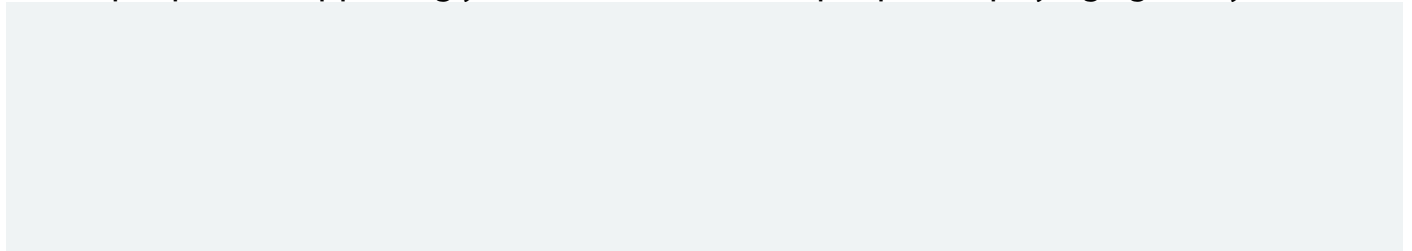
What are currently the greatest opportunities in your environment?



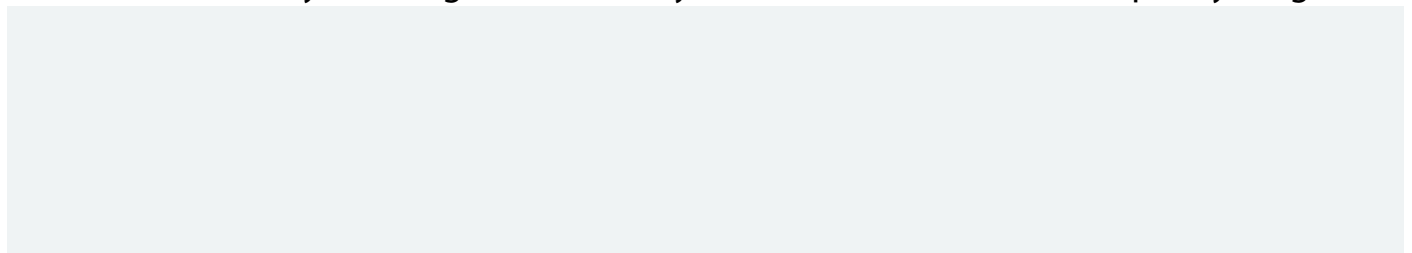
Which environmental trends and forces are supporting your goals and which ones are blocking you?



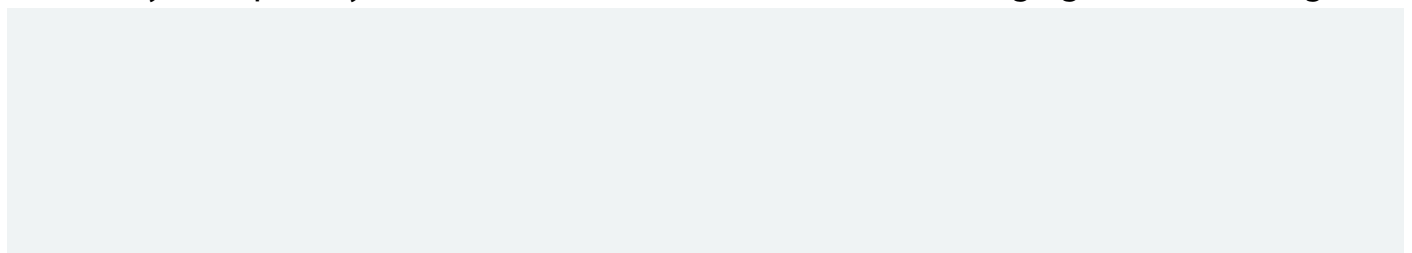
Which people are supporting your efforts and which people are playing against you?



What obstacles are you facing and how will you overcome them to accomplish your goals?



How can you improve your environment so that it's more encouraging and motivating?



**GOALS** - Answer the questions below

On which life area will you focus your efforts the most (from the life assessment table)?

What are 3 – 5 things you must accomplish in the next year, no matter what? Why?

List all the goals from your [life vision](#) you want to achieve for different life areas

N	LIFE AREA	GOAL
1	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>
2	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>
3	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>
4	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>
5	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>
6	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>
7	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>
8	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>
9	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>
10	<input style="width: 100%; height: 28px;" type="text"/>	<input style="width: 100%; height: 28px;" type="text"/>

What is the next planning step? For which goals will you build Goal Journey Maps?

*The wisest next step is making [Goal Journey Maps](#) or any other kind of a detailed flexible plan for the area you want to improve the most and for a few goals that are your priorities. Just writing down your goals is never enough. You have to live your goals every single day with proper execution.*

I hope you had a great year and that the next one is even more successful. **Happy New Year!**