



YEAR IN REVIEW

This year in review breaks down five main areas of our lives. Some might overlap and that's okay. Spend time on each topic and truly look back at the year for each question you are focusing on. Don't use this review to beat yourself up about what you didn't accomplish. Use it to learn and grow.

#1 Physical

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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#1 Physical

What worked this year?

What didn't work this year?



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#2 Financial

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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#2 Financial

What worked this year?

What didn't work this year?



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When you are looking at the relationships in your life to answer this one, I recommend looking at your closest relationships individually and then relationships in general.

#3 Relational

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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#3 Relational

What worked this year?

What didn't work this year?



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#4 Professional

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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#4 Professional

What worked this year?

What didn't work this year?



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#5 Emotional

What worked this year?

What didn't work this year?

What do you need in 20__ that you didn't have in 20__?



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#5 Emotional

What worked this year?

What didn't work this year?
