

# Year in Review



## Jog Your Memory

Look at last year's calendar & photos. List key events, milestones and achievements

Step 1: Review last year's calendar and photos. Make a list of all important things that happened. This can include:

- Places you visited
- New people you met
- Achievements at work
- Birthdays, births, deaths etc
- Things you made
- Good deeds done
- Donations made
- Goals achieved
- New experiences
- Favorites (outfits, places, people)
- Happy/sad memories



## Reflect on Your Areas of Focus

What's important to you?  
Family, Finances, Work,  
Sustainability, Creativity,  
Wellness etc.

Step 2: Decide on your areas of focus. These are important categories or elements that deserve attention throughout the year when living your best life. This can include:

- Health/Wellness
- Social/Relationships
- Creativity
- Finances
- Work
- Side Hustle
- Self Improvement Pursuit
- Other cause/charity work

For each Area of Focus, answer these questions.

- Most Proud of:
- Results I got:
- New skills or knowledge:
- New habits I incorporated:
- People that brought me happiness:
- New experiences:
- Wish I did more of:
- Wish I spent less on this year:
- Lessons Learned:
- Events & Milestones:
- Top 5 things I'm grateful for

*Alternatively, just answer these questions once, keeping your Areas of Focus in mind.*

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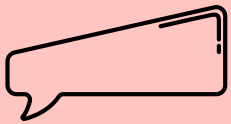


## Reflect on Goals

Did you set goals at the beginning of the year? Take a few minutes to assess how well you met them.

Step 3: Review any goals you set at the beginning of the year. Reflect on the highlights and look for ways you can learn from your experiences or even from things you chose not to complete. Some good questions to ask:

- What would I say was my biggest area of growth?
- How did I define feeling successful?
- What am I really proud of?
- What surprised me?
- What was I afraid of?
- What is my biggest piece of unfinished business?
- What was the greatest lesson I learned?



## Review your Word of the Year

If you set a word to guide your year, reflect on how you lived that word & what you could have done better.

Step 4: Review your one word/theme/intention for the year. Some good questions to ask:

- In what tangible ways did I live my word this year?
- What did my word teach me?
- What learning do I want to take with me into the next year?
- Where did I fall short?
- How can I make my word for next year even more visible?

## Need help with this?

Check out the Down Cellar Studio YouTube Channel for more!



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## Reflect on Goals

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Bonus Questions: Want to reflect even further? Pick and choose any of these questions that you find helpful:

- Best books, movies, TV shows podcasts of the year?
- What word best describes the year?
- How did I create value and share with world?
- How have I changed?
- What was my relationship with money like?
- What books/podcasts have given me solace or a shift in perspective?
- What ideas and beliefs am I SO over?
- Where did I feel complacent?
- Where did I feel invested?
- What did I change my mind about?
- What delighted me?
- What was the biggest surprise?
- Who and what triggered me?
- What do I think those triggers were trying to teach me?
- What have I learned about myself?
- What personal development tools did I explore?
- What made this year great?
- What will I remember most about this year?
- What was the smartest decision you made?
- Who were the three people that had the greatest impact on your life?
- What was the biggest risk you took?
- What else do you need to do or say to be complete with the year?