

YEAR IN REVIEW

Looking back at your year, what are you proud of? What good things did you do this year?

What mistakes did you make this past year?

No judgment! Mistakes give us the chance to grow and improve!

What can you learn from your successes and failures?

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Are you happy with the direction(s) your life is currently heading?

If not, what can you do to readjust?

If you are not on a path toward goals of your choosing, or would prefer to head in a different direction, is there a way for you to do that?

How can you duplicate or improve your successes for next year? What can you do to achieve more happy moments for yourself?

What can you get rid of or stop doing in the new year to improve your life?