

YEAR-END REVIEW EXERCISE

1. List 5-10 highlights from the past year.
2. How are you different now than you were in January?
3. What do you need to *let go of* or *forgive yourself for* from the past year?
4. What do you want to celebrate about the year you've just completed?
5. What do you wish to celebrate at the end of next year?
6. What lessons do you most want to take with you into the upcoming year?
7. How will you enrich your life, your work and your family's life in the upcoming year?
How can you make your relationships richer, more fun, and more intimate and loving?
8. What would you like to add, change or eliminate in your daily routine during the next 12 months?
9. What tolerations must go?
10. What joys and ordinary pleasure will you add to your schedule, starting today?
11. What financial goals do you have for the year ahead?
12. How can you save more and invest better?
13. What will you do to maintain your health and wellness? What are your fitness, vitality and wellness commitments?
14. Intellectually, how will you grow this year? What will you read? What do you need to study? What skills do you need to master this year?
15. If you were to write a list of JUST 10 GOALS for next year, what would they be? WHY do you want these Goals? What do they GIVE you? How will your life be different once you've achieved these goals? How will you FEEL when you've completed these goals?
16. If you did nothing else, what THREE things would make next year a SUCCESS for you?
17. What is your *theme* or *word* for the coming year? (i.e.. Abundance, Joy, Bold, etc.)
18. What will you achieve in the future? Where are you headed in the next 3-5 years?
19. What brings you the most fulfillment and gratification?
20. What is the DIFFERENCE that will make the DIFFERENCE to your success?