

# YEAR IN REVIEW / YEAR AHEAD

BY LIZZIE MERRITT

“I have great respect for the past. If you don’t know where you’ve come from, you don’t know where you’re going. I have respect for the past, but I’m a person of the moment. I’m herre, and I do my best to be completely centered at the place I’m at, then I go forward to the next place.”

--Maya Angelous

## Why conduct a Year in Review / Year Ahead?

It can be easy to be cynical about New Year’s Resolutions and goal setting. Do they really work? Broken resolutions make anyone feel terrible, so why start in the first place?

Let’s be clear. This exercise is not about resolutions and it is not about having “your best year ever!”

The purpose of this exercise is to be thoughtful and intentional about your life – where you’re going and where you’ve been.

Looking back allows us to reflect on progress and lessons learned. Looking forward sets intention and creates forward momentum - however small - towards the person we want to be and who we can become in this one precious life we have to offer this world.

And, in doing so, it allows us to be present to the miracle of where we are in this moment and the gift that we are “**always becoming.**”

Let’s dig in.

## The Year in Review

### Part 1: Reflect and Celebrate (Wins)

Think back over the course of the last year.

What happened this year that was good?

- Events
- Travel
- Milestones
- Fun times, etc

What are you proud of? What did you accomplish?

- Achievements
- Moments of strong choices
- Doing something difficult
- Standing in your power, etc.

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**Part 2: Lessons Learned (Take out the Trash)**

Think back over the course of the last year.  
What was challenging? What hurt?  
What is unresolved?

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What did you learn?

What needs to happen in order to move forward?

**Part 3: Reflection**

What surprised you (if anything) about Steps 1 or 2 above?

What from last year would you like to bring forward into the new year?

## **Part 4: Looking Forward (The Year Ahead)**

Look at the following life categories.

- Job/career
- Health and fitness
- Finances
- Family
- Romance/dating
- Friendships
- Fun and leisure
- Home/physical environment
- Personal growth and development
- Other \_\_\_\_\_

Choose 3-5 categories to focus on for the following exercises. *(Try not to choose all of them because your focus is like a pie. The more slices there are, the less attention each section gets.)*

**Life Category:** \_\_\_\_\_

### **Step 1: Where Am I Going?**

Where would I like to be this time next year in this category?

**Step 2: Dig Deeper**

Why is this important to me?

What does it FEEL like when I think of achieving this? (What am I really after?)

**Step 3: How Do I Get There?**

What steps do I need to take in order to get where I want to go?

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Who do I need to BECOME in order to embody this? *(How does my identity need to adapt in order to become the person I want to be?)*

## **Step 4: Planning for the Journey**

What obstacles am I likely to face along the way?



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What can I do to mitigate those obstacles?

What is my plan for when obstacles come up? What will I do to get back on course when I fall off track?

**Step 5: Release the Outcome**

We can only focus on the things that are within our Circle of Control. Things can change, and that's ok (often it's a good thing!)

What can I do to focus on the PROCESS rather than the outcome?

***Repeat pages 6-10 for each additional life-category you selected.***

