

# Year in Review

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The end of the year is a natural time to review what has worked and what has not. Spend some time in each section thinking about what worked and didn't work over the past year. This is more than your successes and failures, although include those too. This is also about the things that supported you really well or didn't.

## 1. What didn't work

### What didn't work?

*What was frustrating? Where did you feel overwhelmed? Where did you stop? Where did you experience failure?*

Example: Not getting enough sleep

### Why?

*Why didn't that work?*

My motivation and drive significantly lowers and very little actually gets done.

### Habit

*What habit supported that or could lead to that in the future? And, what habit would prevent it from happening again?*

Create a habit of getting at least 7-8 hours of sleep each night. I can do this by determining what time I want to get up every morning.

## 2. What worked

### What Worked?

*What went right? What supported you (habits or otherwise)? What were your successes? What did you learn?*

Example: Working with new clients!

### Why?

*Why did that work? Why was it successful?*

### Habit

*What habit supported that or could support that in the future?*

Reached out to people on a regular basis to catch up with them and find out what they needed.

### 3. New habits

*From the habits above, which ones do you want to be your habits next year at this time?*

List them here:

### 4. Commit

Now which habit or two (don't overwhelm yourself!) do you want to start practicing now? Plan for it by adding it to your daily schedule.

*Save this exercise and revisit it in a couple months and either (1) do another review or (2) select another habit to add.*