

END OF YEAR review

We love this activity and have personally done it for several years in a row. It is a meaningful alternative to a traditional New Years Resolutions list, and it shared by Tim Ferris (<https://tim.blog>). Doing this annual assessment will increase your self-understanding and enhance your personal growth, while also ensuring your next year is even more aligned with your life goals. Enjoy :)


- 1** REVIEW: Get this year's calendar and review it for the past year, week by week. Identify which people, places, activities, commitments, etc. created a significantly positive or negative emotion for you that week. Record them in the positive or negative sections.
- 2** POSITIVE AND NEGATIVE LISTS: Evaluate your positive and negative lists and look for themes. Do an 80/20 analysis, and identify which 20% from your positive and negative lists created the most reliable and consistent outcomes in each category. Star the ones from each list.
- 3** TOP 20% POSITIVES: Examine your Top 20% positives list. Identify how frequently you would like include this in your life next year (daily, weekly, monthly or annually) to help you achieve the maximum benefit.
- 4** SCHEDULE THE YEAR: Get your next year's calendar and schedule in your top 20% positives. If you put the most meaningful and helpful things into your calendar first, you will ensure these positives continue to happen. Otherwise, your schedule will get filled up with less meaningful things. You might consider booking tickets, prepaying for activities, or proactively making plans with people, to ensure these positives will happen. This is an incredible gift you can give yourself.
- 5** "NOT TO DO" LIST: Review your Top 20% negatives list. This is your "Not to do list" for the next year since you have already identified the things were unhelpful for you and that you do not want to bring into the next year. Put this list in a place where you'll see it regularly for the next month to hold you accountable in avoiding these things.



To Inspire Healing and Well-Being
@GainesvilleSage



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 YEAR

POSITIVE	NEGATIVE
■ _____	■ _____
■ _____	■ _____
■ _____	■ _____
■ _____	■ _____
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■ _____	■ _____
■ _____	■ _____
■ _____	■ _____
■ _____	■ _____

TOP 20% POSITIVES	D	W	M	A

TOP 20% NEGATIVES

