

## Yearly Review - Deep Dive 2019



\*\*Grab any calendars, planners, and photos from 2019 that will help you remember what happened this past year.

Write as little or as much as you like!

 <b>Overview</b>
<b>If someone wrote a book about my life in 2019, what kind of genre would it be? A comedy, love story, drama, film noir or something else?</b>
<b>What are 3 Highs + 3 Lows from 2019?</b>
<b>What or who had the largest positive impact on my life this year?</b>
<b>Looking back on this year I feel...</b>
<b>A year ago today, I...</b>

 <b>Memories</b>	
<b>What one event, big or small, am I going to tell my grandchildren about?</b>	
<b>I never thought I would...</b>	
<b>What was my favorite place I visited?</b>	
<b>Best news I received?</b>	
<b>Favorite compliment I received?</b>	
<b>Best gift I received?</b>	
<b>Funniest moment of the year, one that still makes it hard not to burst out laughing?</b>	
<b>What purchase turned out to be the best decision ever?</b>	
<b>What did I do on my birthday?</b>	
<b>This year, I've become addicted to...</b>	
<b>Favorite Quote</b>	

 <b>Productivity</b>	
<b>What personal goals or habits did I accomplish?</b>	
<b>This year I focused most of my time on...</b>	
<b>My most rewarding moment was when...</b>	
<b>The biggest obstacles I faced were...</b>	
<b>What new strategies or tools helped my productivity?</b>	
<b>What helped me focus the most?</b>	
<b>I'm disappointed that I didn't...</b>	
<b>What is still making me feel stuck?</b>	
<b>What advice would I give my early-2019 self if I could?</b>	

 <b>People</b>	
<b>Who was my number one go-to person that I could always rely on?</b>	
<b>What 5 people did I most enjoy spending time with?</b>	
<b>How did my relationship with family evolve?</b>	
<b>What was my favorite moment spent with friends?</b>	
<b>How satisfied am I with the relationships I'm trying to build?</b>	
<b>Is there any anger towards anyone I need to let go of before I start the next year?</b>	
<b>Is there anyone I need to forgive?</b>	
<b>Do I need to forgive myself for anything?</b>	

 <b>Personal Development</b>	
<b>What new things did I discover about myself this year?</b>	
<b>Which of my personal qualities turned out to be the most helpful this year?</b>	
<b>Which worries turned out to be completely unnecessary?</b>	
<b>I was naive thinking...</b>	
<b>What patterns of negative-self talk emerged this year?</b>	
<b>What do I need to heal in my life?</b>	
<b>What is holding me back?</b>	
<b>What do I spend a silly amount of money on?</b>	
<b>Was there anything I did for the very first time in my life this year?</b>	
<b>How am I different today from a year ago?</b>  <b>How did my overall outlook on life evolve? Did any parts of myself do a complete 180 this year?</b>	
<b>Revisit your Personal Statement/Mantra/Affirmations/Vision Board.</b>	<b>Don't have any of these? Creating them will help you with planning + motivation for 2020.</b>  <a href="#">Create a Personal Compass</a>



## **Farewell to your last year**

If there is anything else left that you would like to write down, or any person you need further closure with, do it now.