

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!



Overview

**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?**

What are 3 Highs + 3 Lows from 2019?

What or who had the largest positive impact on my life this year?



Looking back on this year I feel...

A year ago today, I...

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

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

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

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



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.