

Year in Review:

Reflections for Future Growth



In the last quarter of the year it is natural to begin thinking about next year. And for many, that means planning for the things you want to do and accomplish.

I have always been a big believer that before we look forward, it is important to look back, especially when we are creating plans for our business or personal life. By looking back over the past year, we gain a greater perspective on our current reality, and how the events and decisions of the past 12 months have impacted our plans. It's in the looking back that we can learn great lessons which in turn can instruct us on how to move forward and live a more proactive and intentional life.

“If you don’t design the plan for your life, chances are you will fall into someone else’s plan.

And guess what they have planned for you?

Not much.”

- Jim Rohn

The following process will help to reflect on and learn from the past year. This process can be used for either your personal or professional life. We suggest you choose to answer regarding either your personal or business life throughout the entire process, then and then go through it again for the other.

Describe your year in 5 words.

1. _____
2. _____
3. _____
4. _____
5. _____



What went really well?

What didn't go as well?

What are you most proud of?

What surprised you?

If you had to do one thing differently, what would that be?



What new habits did you start or re-start?

What key habit did you live out this past year that had a significant impact on your life? What was the impact?

What big goal did you set out to accomplish and didn't? Why?

What is the greatest lesson you learned?

If you had to name the over-arching theme for the past year, what would it be? (question 1 might help)



What do you think your *rally cry for next year should be?

*A rally cry is an over-arching theme or focus point. It is a statement that captures the essence of what you want to accomplish. Examples might be "Protect the Family" or "Strengthen my Core Relationships" or "Return to Health". Some examples for business are "Building Sustainable Growth" or "Diversifying Risk" or "Building the Core Team".

My Goals for Next Year

My 3-5 goals for next year will be:

1.

2.

3.

4.

5.
