



# Review Your Year

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*Eight Questions to Review Your Year and  
to Dream a New You!*

## A Personal Review /Reflection

A personal review is your own private review/reflection. Work reviews will be done at work.

This review is about you becoming the best version of yourself, growing, learning, adapting, recognises your good points, and your not so good points.

You don't have to spend ages on it, it can be as a quick exercise, or you can do it over a few days, or weeks. It can be done in the New Year or anytime of the year.

The point of a review is not to overwhelm you. But, for you to fall in love with who you are, acknowledge how far you have come, and to make plans to become even better.

When we appreciate who we have become. We can then decide what we want the next year to look like. And what we want to take across from this year into next Year, and what we want to leave behind. And to create steps to take you there.

If we want life to be different, then we have to stop and think about how we can make it different. We cannot keep doing the same thing year on year and expect life to change.

## **Let us Reflect on the last year (or the last time I did a review).**

Out of the Goals and Dreams I had for myself this year.

What did I achieve, what went well for me? What did I do well to achieve it? Why was I successful?



Let us recognise that life sometimes doesn't go to plan. Situations come and take us off course. Let us recognise how well we coped. Is there anything I could have done better? What can I learn from it?

Was it at all avoidable? What do I need to learn from this? What do I need to change? How can I grow?

Do I need to forgive myself, forgive someone? Do I need to take help?

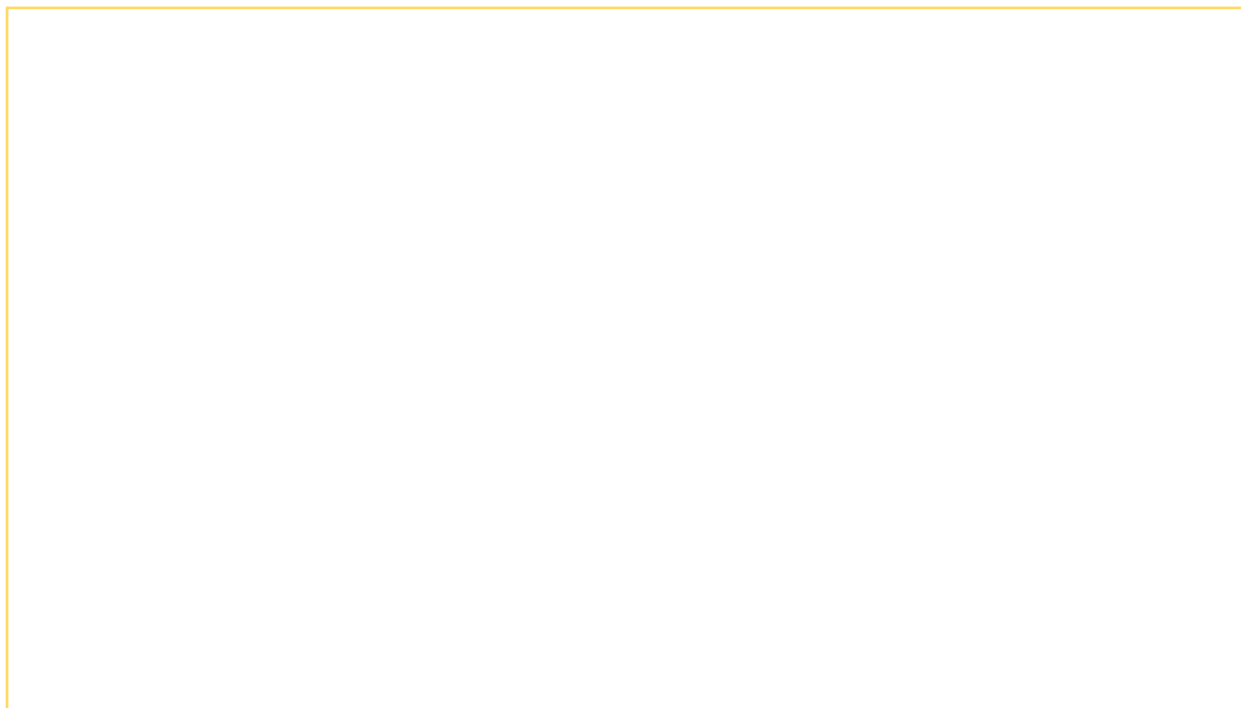


Out of the things I wanted to achieve, what **didn't** go well for me? What could I have done to ensure I achieved it?

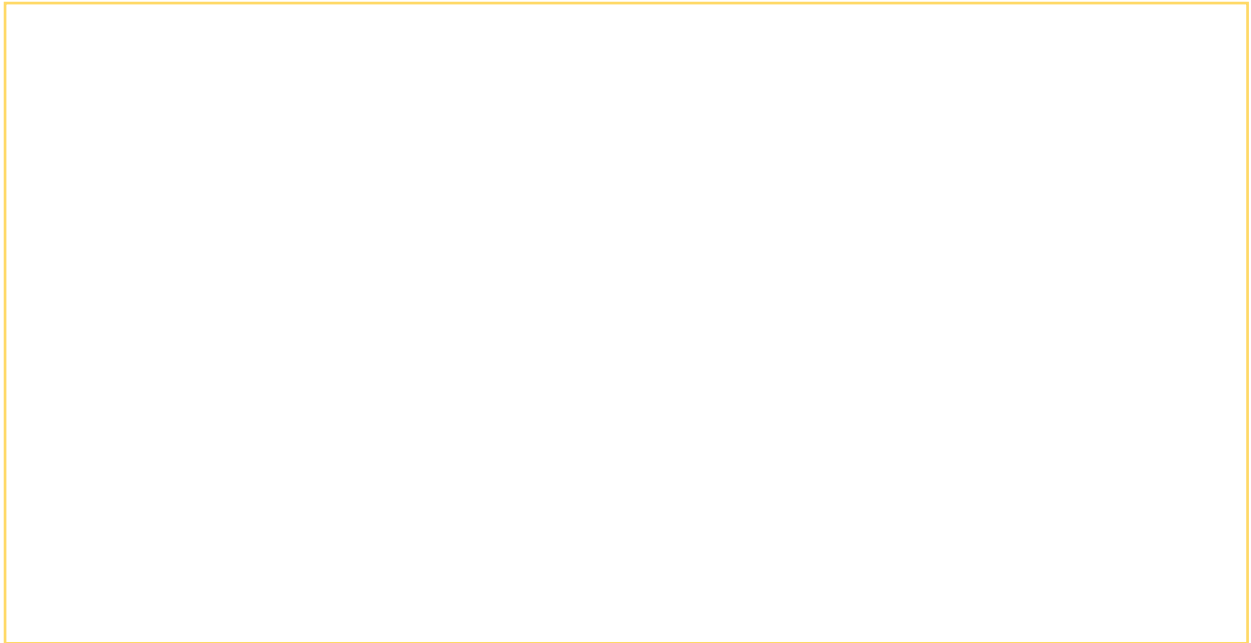
Was it in my control? Do I need to accept it and make peace with it? What do I need to learn from it?



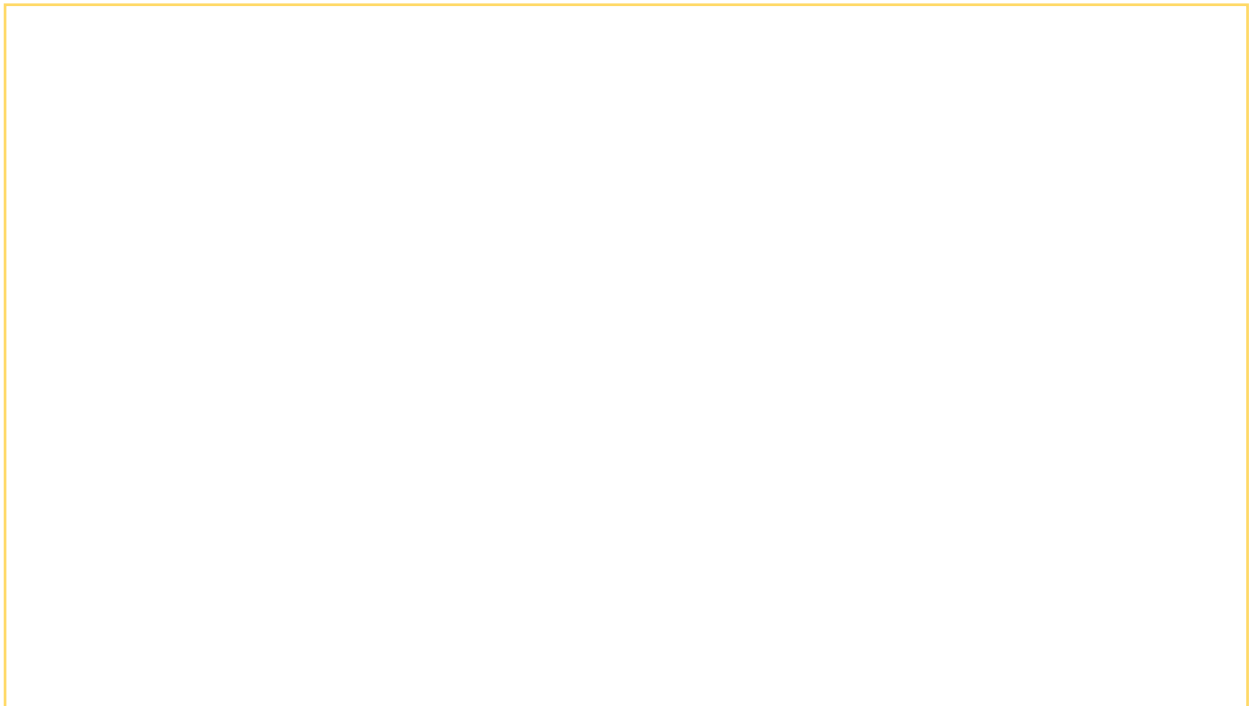
From the responses to the questions above, what have I learned about myself? Strengths, Development points, things I under-estimate, over-estimate about myself, fear, courage?



What makes me unhappy about my life? What can I do to change this?  
Am I lazy, careless, wasting time, not living a disciplined life, to I need to  
change the way I look at things?



What do I want to change about myself? What do I want to keep doing?  
What can I improve about me? What is annoying me about me?



## Let us Dream Now

What do I want the next year to look like for me?

What is my dream life? What type of person do I want to be? What is important to me? What is not important to me? What is my character, what do I stand for?



What am I going to do in the next year that takes me closer to what I want my dream life to be? What newness do I want to bring in my life?

