

Year End Annual Review

“Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”

Ferris was right: life does move pretty fast. Months bleed into years and before you know it, you’re celebrating another birthday or getting ready to ring in another new year. Milestones like birthdays and new year’s offer us the rare chance to pause, reflect, evaluate and dream. Y.E.A.R. – a **Year End Annual Review** – is a tool that allows us to do just that. Done annually, this reflection becomes a kind of yearbook of your life – a place to honor where you’ve been, how you’ve grown, and what you hope for next.

HIGHS: name **5** highs – the joys, wins, and moments (both external and internal) that made the previous year worth celebrating

GROWTH: name **4** ways you’ve grown – how are you different today?

LOWS: name **3** lows – griefs, losses, tragedies, or even just bummers

VISION: name **2** things you hope for the future (one circumstantial, one internal – what do you want to move towards making a reality?)

FAVS: name **as many** favorites from the past year – movie, song, show, book, artist, food, restaurant, place, color, trend, gadget, gift given, gift received, etc. etc. etc. – anything you loved this year, capture it here!

TITLE: if this last year was a chapter in the book of your life, what would it be titled? **Pro tip: do this last after you’ve reflected on your year!*

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TITLE _____

HIGHS

GROWTH

LOWS

VISION

FAVS