

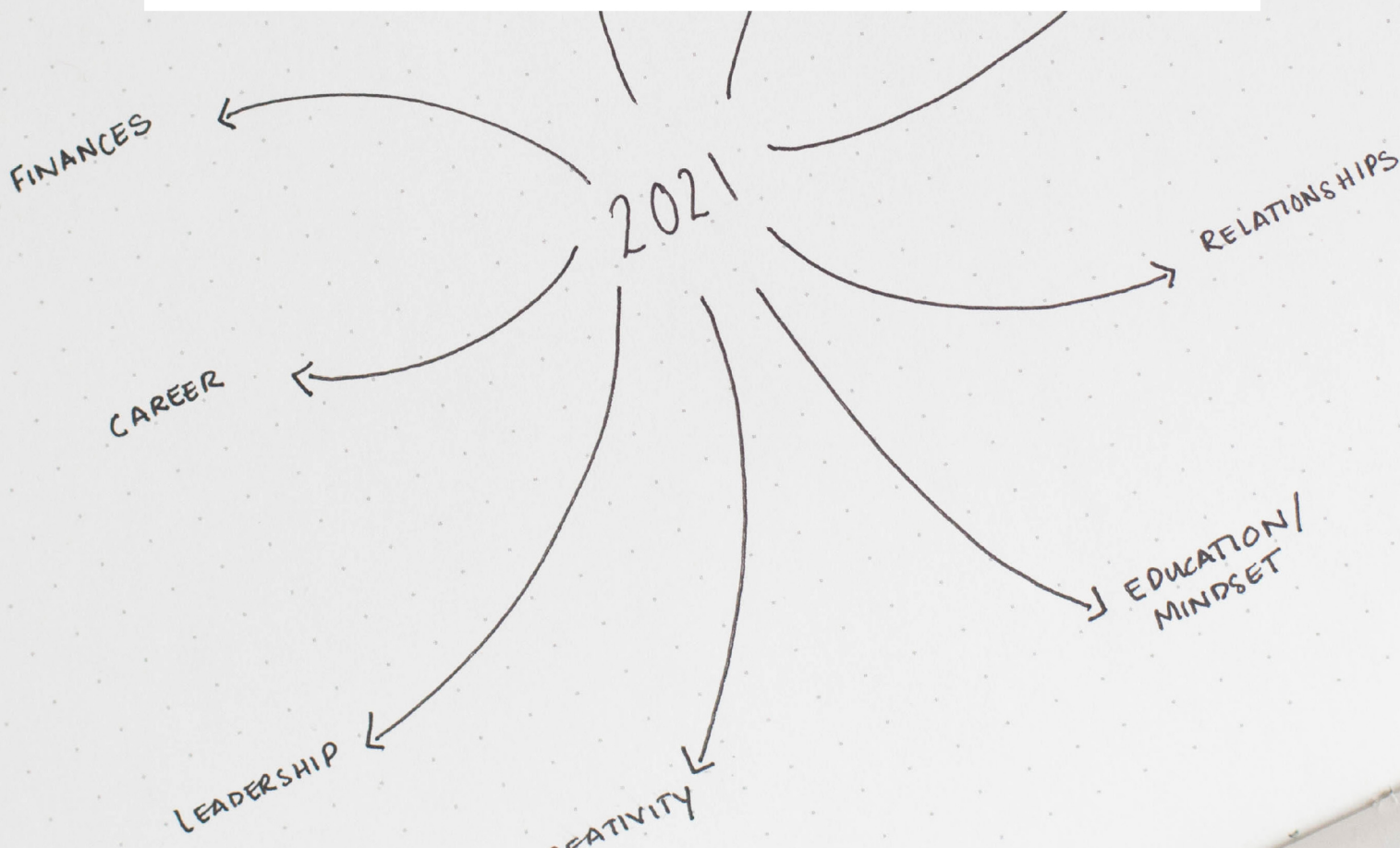
Habit R

A consistent system for

BestSelf®

A Year in Review

YOUR ANNUAL REFLECTION WORKBOOK

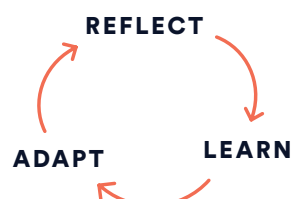


Annual Review System

When you want to transform your life, achieve big goals, and move the needle forward, it's tempting to jump straight into goal setting and action. However it's a mistake to jump right into that without reflecting on your year — that's what this module is for.

In order to move forward confidently into the next year we must reflect on the past so that we understand where we are now and what got us here.

Wherever you are right now is a direct response to the choices, decisions, and actions you took in the past — so let's complete our annual audit to ensure we start next year in the right direction.



- Review our goals/aspirations for the year past
- Reflect on how the year shaped up in reality
- Define ways / behaviors that bridge the gap between our goals and reality
- Adjust our approach with new learnings and experience moving forward

BEST SELF BENCHMARK

Reflect on your confidence and satisfaction in the core areas of your life with the chart below.

Rating	1	2	3	4	5	6	7	8	9	10
Relationships										
Finances										
Work / Career										
Social Life										
Emotional Wellbeing										
Love										
Environment										

BIG PICTURE

1. Describe your year in 3-5 words?
2. What did you hope would happen this year vs what happened in reality?
3. Compared to this time last year, are you:
 - Richer or poorer?
 - More stressed or less stressed?
 - Happier or sadder?
 - More healthy or less healthy?
4. How did you spend your birthday this year?
5. If your year was a movie would it be a drama, action, comedy, horror, romance or something else?
6. What was your most common mental state?
7. What activities or tasks had you losing track of your time?
8. What was the best decision(s) you made?

THE HIGHS:

1. What areas of your life were successful this year?
2. List your top 3-5 accomplishments
3. What do you feel contributed most to these accomplishments?
4. What new skills did you learn or further develop?
5. What positive habits did you cultivate?
6. What do you wish you'd done more of?
7. What was your most excited or happy moment?

THE LOWS:

1. What areas of your life were unsuccessful this year?
2. What do you feel contributed most to these failures?
3. What are your biggest lessons/takeaways from these?
4. What unhealthy habits did you get into?
5. What do you wish you had done differently?
6. What do you wish you'd done less of?
7. What was the cause of your most stress this year?

RELATIONSHIPS:

1. Who were the 5 people you spent the most time with?
2. Who was the no.1 go-to person that you could rely on?
3. Which relationship had the biggest impact on you — positive or negative.
4. What new relationships did you form and how did they enrich your life?
5. Who was the favorite new person that you met?
6. Which relationships dwindled and why?
7. What relationships do you wish you could have further developed?

EXPERIENCES:

1. What cities/states/countries did you visit?
2. What moment, lesson or experience from this year would you tell your children about?
3. What new experiences did you have?
4. What experience did you want but not get?
5. What's the biggest thing that's changed over the past year?
6. What events / experiences did you have that you would want to do again?
7. What was your biggest learning moment?

FAVORITE THINGS:

1. Favorite book / movie / music ?
2. Favorite 3-5 purchases you made?
3. Favorite meal you experienced?
4. Favorite compliment you were given?
5. Favorite skills developed / things you learned about?
6. Favorite place you visited?
7. Favorite memory of the year?