

Year-end review 20....

The intention is to look back over the past year to collect the **gifts**, the learning, the victories... and to prepare for the next year.

Each circumstance can be considered in a positive light.

The objective is **celebration** and **gratitude**.

Talking with other people is very constructive.

Compare with your previous year-end review(s).

The lines to be filled are in a handwritten font.

The cells are expandable.

Title or a few words:

Learnings and achievements, highlights, 1st times:

Spirituality, progress, new experiences, understanding:

Relationships, family, friendships, love, encounters:

Services, rendered or received:

Physical, health, lifestyle, diet, addictions, sleep, sport...:

Work, studies:

Housing, furnishings, decorating, acquisitions, storage, finance...:

Holidays, travel, leisure, creativity, art, culture (books, films, shows, exhibitions, etc...):

Objectives, more or less achieved. Compare with last year's review:

The nuggets, subjects of **gratitude**, **confidence** and **joy**:

The year ahead: 20....

A few questions :

- What do I wish to improve?
- Who can I get closer to? Who will I take care of?
- What do I want to achieve?
- How am I going to have fun? Cultivate myself? Maintain myself?
- What will I put in place for my fulfilment, my spiritual path?
- What will contribute to my happiness ?

Go through the different items in order to clearly define the **projects** and **objectives**...:

- ◆
- ◆
- ◆

Life review :

Look at the road travelled, pick up the lessons, appreciate the gifts!