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# Annual Review 2023

**NESS  
LABS**

A worksheet to review your past year  
and plan the year ahead

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# Categories

- **Health & Fitness.** Did you exercise? How did you eat? How did you sleep? Look at areas such as alcohol, smoking, posture, hydration, etc.
- **Work & Business.** How fulfilled did you feel at work this year? If you run a business, how did it go?
- **Friends & Community.** Did you make new friends? How much time did you spend with your friends? Which friends had the biggest impact on your year? Did you get involved in any communities?
- **Personal Life & Family.** Did you spend enough time with your family? Any highlights? Do you have a partner? How did your relationships go?
- **Learning & Knowledge.** Did you learn anything new this year? Did you invest in your education? Look at books, podcasts, blogs, online courses, etc. that impacted you this year.

# Categories

- **Travel & Culture.** Did you visit any new places? Old places? Did you discover new cultures?
- **Hobbies & Creativity.** Any new crafts you picked? Did you have any side projects? How did it go? How much time did you invest in developing your sense of creativity?
- **Emotions & Spirituality.** How did you feel this year? Any particular ups and downs? Why? Did you take the time to connect with your inner self?
- **Money & Finances.** Did you save any money this year? Did you splurge or were you frugal? Was it worth it? Are you better off than the year before?

The last three pages are about your **proudest accomplishments**, the **biggest challenges** you faced, and your **goals for next year**. Have fun writing your year in review!

## HEALTH & FITNESS

- Mental wellness
- Physical exercise
- Nutrition
- Sleep

## WORK & BUSINESS

- Work performance
- Career growth
- Relationships with coworkers
- Product-market fit

## PERSONAL LIFE & FAMILY

- Relationship with parents/partner
- Meaningful time with children
- Finding and nurturing love
- Deep conversations

## FRIENDS & COMMUNITY

- Creating new friendships
- Deepening old friendships
- Joining nurturing communities
- Making time & mental space for friends

## LEARNING & KNOWLEDGE

- Online courses & books
- Getting mentorship and/or coaching
- Making space for learning
- New areas of knowledge

## TRAVEL & CULTURE

- Visiting new (local) places
- Museums and exhibitions
- Music or visual arts
- Exploring different cultures

## HOBBIES & CREATIVITY

- Creating content
- Arts and crafts
- Learning an instrument
- Manual skills (cooking, gardening...)

## EMOTIONS & SPIRITUALITY

- Mindfulness and meditation
- Journaling and self-reflection
- Connecting with your inner self
- Religious and/or spiritual practice

## MONEY & FINANCE

- Salary or recurring revenue
- Investing
- Paying off debt or incurring new debt
- Rent or mortgage

# Health & Fitness

How did you take care of your body and your mind?

+

What went well?

-

What didn't go so well?

→

What will you focus on next year?

# Work & Business

Whether employed or self-employed, how did it go?

+

What went well?

-

What didn't go so well?

→

What will you focus on next year?

# Personal Life & Family

How did relationships in your inner circle go?

+

What went well?

-

What didn't go so well?

→

What will you focus on next year?

# Friends & Community

How did relationships in your broader circle go?

+

What went well?

-

What didn't go so well?

→

What will you focus on next year?

# Learning & Knowledge

How was your learning and self-education journey this year?

+

What went well?

-

What didn't go so well?

→

What will you focus on next year?

# Travel & Culture

How much did you explore this year? (not necessarily physically)

+

What went well?

-

What didn't go so well?

→

What will you focus on next year?

# Hobbies & Creativity

How did you nurture your creative side?

+

What went well?

-

What didn't go so well?

→

What will you focus on next year?

# Emotions & Spirituality

How did you connect with your inner self?

+

What went well?

-

What didn't go so well?

→

What will you focus on next year?

# Money & Finances

How did you do financially?

+

What went well?

-

What didn't go so well?

→

What will you focus on next year?

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In your own time...

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# Proudest accomplishments

1.

2.

3.

# **Biggest challenges**

1.

2.

3.

# Main aspirations for next year

1.

4.

2.

5.

3.

6.

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# What's next?

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# You can...

- Stop here and store this worksheet
- Or turn this worksheet into a journal entry
- And maybe publish this entry as a blog post!

Whatever you decide... Congratulations on  
completing your annual review! 