



Sahil Bloom 

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At the end of every year, I conduct a personal Annual Review.

7 simple questions (that may change your life):

8.4k Likes **1.6k** Retweets **175** Replies



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What did I change my mind on this year?

The most successful people legitimately enjoy being wrong.

Always view changing your mind as a "software update" that improves upon the old.

What "software updates" did I have this year?

If you can't think of any, that's a bad thing.



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What created energy this year?

Review your calendars from the year.

What activities, people, or projects consistently
CREATED energy in my life?

Write them down.

Did I spend ample time on the energy creators
or did they get neglected?

Goal: More time on these in 2023.



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What drained energy this year?

Review your calendars from the year.

What activities, people, or projects consistently
DRAINED energy from my life?

Write them down.

Did I allow energy drainers to persist or did I cut
them in real time?

Goal: Less time on these in 2023.



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Who were the boat anchors in my life?

Boat anchors are people that hold you back from your potential.

Boat anchors will:

- Belittle your accomplishments
- Laugh at your ambition
- Harm the quality of your environment

Identify them.

Goal: Eliminate them in 2023.



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What did I not do because of fear?

“We suffer more in imagination than in reality.”

— Seneca

Fear distorts reality—this question forces you to confront it.

Deconstruct the fears:

- What was the downside?
- What was the upside?

Goal: Get closer to your fears in 2023.



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What were my greatest hits and worst misses this year?

Your natural bias skews how you see your year—the optimist sees all hits and the pessimist sees all misses.

The objective here is a balanced view.

Write them all down.

Reflect on why the hits hit and the misses missed.



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What did I learn this year?

The most important question comes last.

It's easy to lose sight of growth in the trenches
—zoom out to reclaim perspective.

Take your time. Reflect on the other questions.
Write down what you've learned.

“When you stop learning you start dying.”



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My Annual Review:

- (1) What did I change my mind on?
- (2) What created energy?
- (3) What drained energy?
- (4) What were the boat anchors?
- (5) What did I not do because of fear?
- (6) What were my greatest hits/misses?
- (7) What did I learn?

Follow me [@SahilBloom](https://twitter.com/SahilBloom) for more in 2023.



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The Annual Review is a life changing exercise.

If you're interested in conducting your own 2022 Annual Review, I'll be sharing a deep dive on my template (and my own answers) in next week's newsletter.

Join 150K others who will receive it!