Yearly Review

## 1. Review the Past Year

**1.1 Task**: look through my last 12 monthly reviews and last 2 yearly reviews and make notes.

### Factors for Motivation/Productivity



### Factors for Happiness/Emotions



### General Comments



**1.2 Task**: Comment on the last years goals in each category (give each item a grade: GREAT, GOOD, OK, MEH, NOT)

* Intellectual (books, subjects)
* Health (diet, exercise, sleep)
* Emotions (feel more/less of, more control)
* Career (is the career path you are on leading you to a place you want to be)
* Financial (are you happy with how much you spend, save, earn)
* Social (people to spend more/less time around, what kind of people do you want to meet)
* Fun (what do you want to do)
* Personal (what character traits do you want to change)
* Philanthropic (how do you want to help others, or help the world)
* Relationship
* Motivation
* Habits
* Experiments

## 2. Review myself

**2.1 Task**: People who inspire me



**2.2 Task**: People I love being around



**2.3 Task**: How I spend a normal day



**2.4 Task**: How I spend a normal week



**2.5 Task**: How is a fantastic day/week different



**2.6 Task**: What activities and events did I do



**2.7 Task**: Projects or hobbies I’ve worked on (sorted by how important they are to me)



**2.8 Task**: Things I love doing (sorted by how much I love them)



## 3. Make some goals

**3.1 Task**: General ideas and notes



**3.2 Task**: 2 or 3 Goals for each category

* Intellectual (books, subjects)
* Health (diet, exercise, sleep)
* Emotions (feel more/less of, more control)
* Career (is the career path you are on leading you to a place you want to be)
* Financial (are you happy with how much you spend, save, earn)
* Social (people to spend more/less time around, what kind of people do you want to meet)
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**3.3 Task**: Prioritise the goals in the two sections above

### Top:



### Middle:



### Lower: