

YOUR YESTERDAY

The end of the year is when you likely start to think about your goals for the next year. While it's important to spend time thinking about your future, we've found that it's more powerful to consider your vision for your future *after* you've taken a look back at your past year.

So the question is, **"Where have you been?"**

To support you in your reflections, we're providing you with a few suggestions to get you started.

1. If you had goals from last year or have done our [Life Priorities](#) exercise, you can use either of those as your foundation and ask yourself questions like:
 - What am I pleased with? What were my successes/accomplishments?
 - What's been challenging? What obstacles were in my way?
 - What did I learn? What would I like to do differently moving forward?
 - What feels out of balance?
 - In order to live a satisfying life, what do I need to start, stop, or continue doing?
2. If you'd prefer to **think more broadly about the past year**, look over the same questions from number one, and see what comes up for you. As you're looking through them, consider both your personal and professional life.
3. If you'd like to use something more comprehensive, you might want to use our **Personal Assessment** exercise on pages 2-3.

As you're reflecting on last year, think about how you can capture your answers in a way that's personal to you. Some suggestions that have worked well for us and our clients are:

- Write yourself a letter.
- Create a word cloud.
- Draw, paint, or cut out images/words.

**Take some time to look back
and think about how you've spent this past year.**

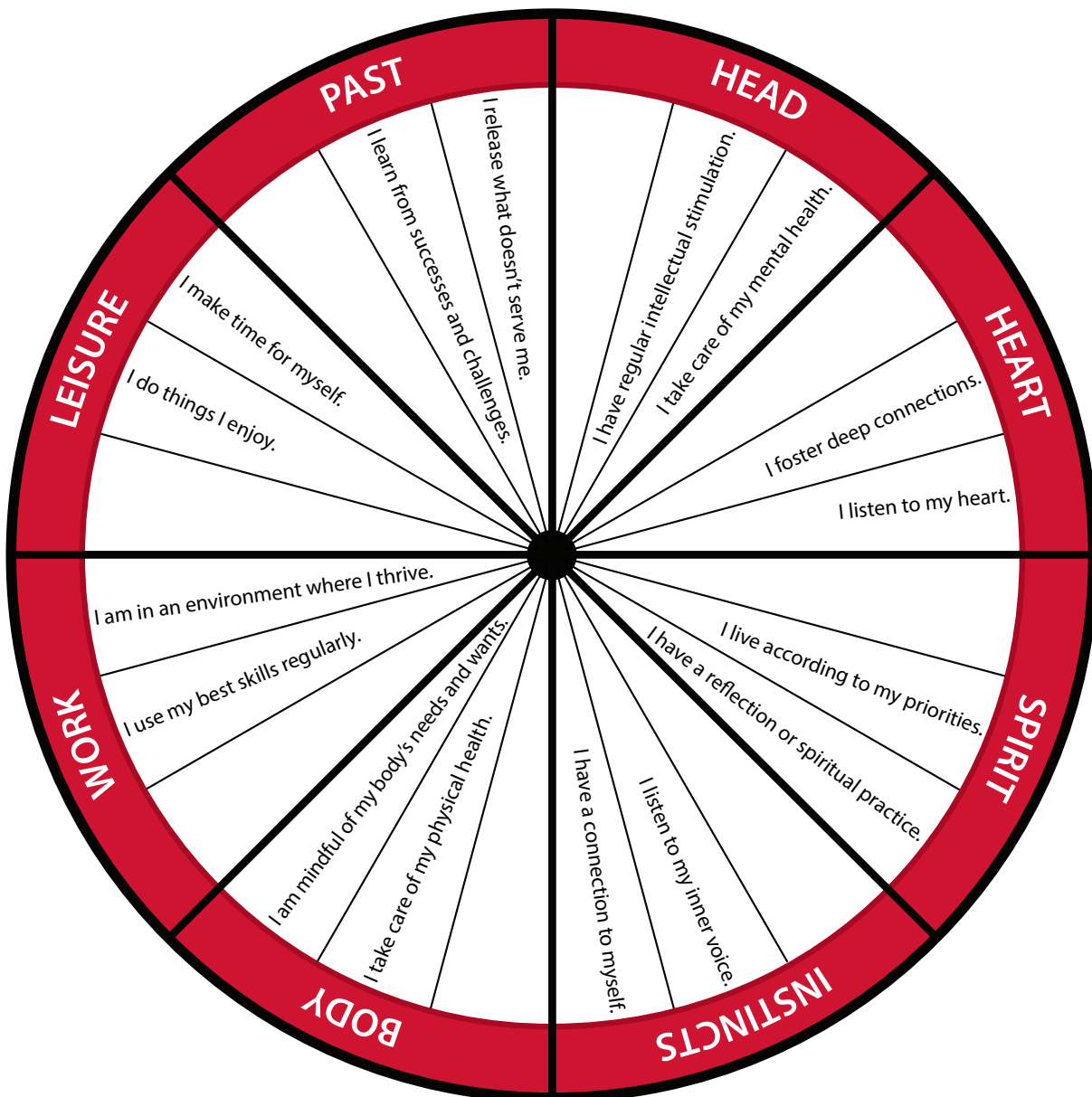
**This will help you as you envision the various ways
you want to spend your time next year.**

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Consider the various areas of your life that we're showing in this **Personal Assessment Wheel**. Using a scale of 1-10, with 1 being totally unsatisfied (at the center) and 10 being completely satisfied/your highest aspiration (at the outside edge of the circle) mark a line at your level of satisfaction with this past year.

After you've rated yourself, make some notes on the next page about specific situations and experiences (or write yourself a letter, create a word cloud, draw, paint, etc) for any or all of these areas. We've left a blank spot in each category in case there are additional areas you want to address.

If you're having trouble remembering your experiences from this past year, you may find it helpful to use your calendar or planner to get a better overview of how you spent your time.



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You can use this page to make some notes about this past year (or write yourself a letter, create a word cloud, draw, paint, etc), for any or all of the areas in the **Personal Assessment Wheel**.

1. HEAD

2. HEART

3. SPIRIT

4. INSTINCT

5. BODY

6. WORK

7. LEISURE

8. PAST