



# **kick-ass year end review**

**FOR YOUR LIFE  
AND BUSINESS**

# why you're doing a year end review...



It's coming to the end of the year and 2020 will soon hit us in the face with all its glory! A NEW DECADE, PEOPLE! Are you ready for the new year? The new decade? Are you excited, prepared and ready to smash through it? Or are you feeling nervous and challenged at the prospect of hitting your goals?

The end of the year is THE perfect time to sit down, reflect, plan and evaluate the year gone by. Analysing the year is important in a number of ways. Taking the time to reflect helps you to develop your skills and review their effectiveness rather than just carrying on doing the same things, that might not actually be driving results.

## **By reviewing your year you can learn 4 things:**

- 1. Your lessons for the year.** What did you experience and what have you learnt and grown from?
- 2. To be grateful.** For all of it - the good, the bad, the awesome.
- 3. How to regain focus.** Sometimes life can merge all our day and we don't stop to think where we are going, how far we have come and where we want to go to next. Take the time to pause and have a moment to focus.
- 4. How to start the new year on a high.** Setting new goals for the new year is perfect to bring clarity to our direction. Feeling clear on the months ahead will energise you to kick off the year in exactly the right way!

# how was your 2019?

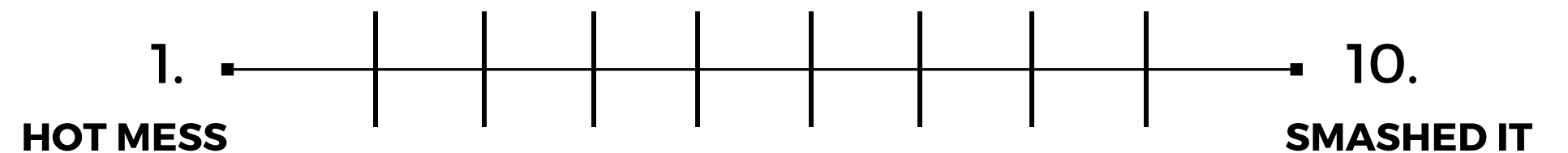


**Brainstorm all the words that describe your year...**

**What have been your biggest lessons this year?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**On a scale of 1-10 how satisfied are you with how you have spent this year?**



**Give 3 reasons why you've given yourself this score:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# how was your 2019?



**What are you most grateful for after 2019 and why?**

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**What has felt successful about this past year?**

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**time to get  
personal...**



**How would you describe your mindset at the start of 2019?**

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**What was your personal  
objective for 2019?**

**What did you achieve?**

**What did you miss?**

**time to get  
personal...**



**What are you most proud of from 2019?**

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**What was your biggest learning outcome?**

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# time to get personal...



Thinking about the roles and aspects of your life, how would you rate the following 1-10 on how satisfied you feel about each area after 2019?

**Put the first number that comes to your mind  
(1 = disappointed 10= really satisfied )**

**FRIENDS AND FAMILY**

**PERSONAL GROWTH**

**HEALTH**

**MONEY**

**CAREER**

**FUN + LEISURE**

**HOME ENVIRONMENT**

**SIGNIFICANT OTHER**

**What are 3 things you've done outside of your comfort zone?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What are 3 things you achieved in your business/career?**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**What was your biggest career fail?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**What did your fails teach you?**

\_\_\_\_\_

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**What was your biggest career win?**

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\_\_\_\_\_



**Why was your biggest win so successful?**

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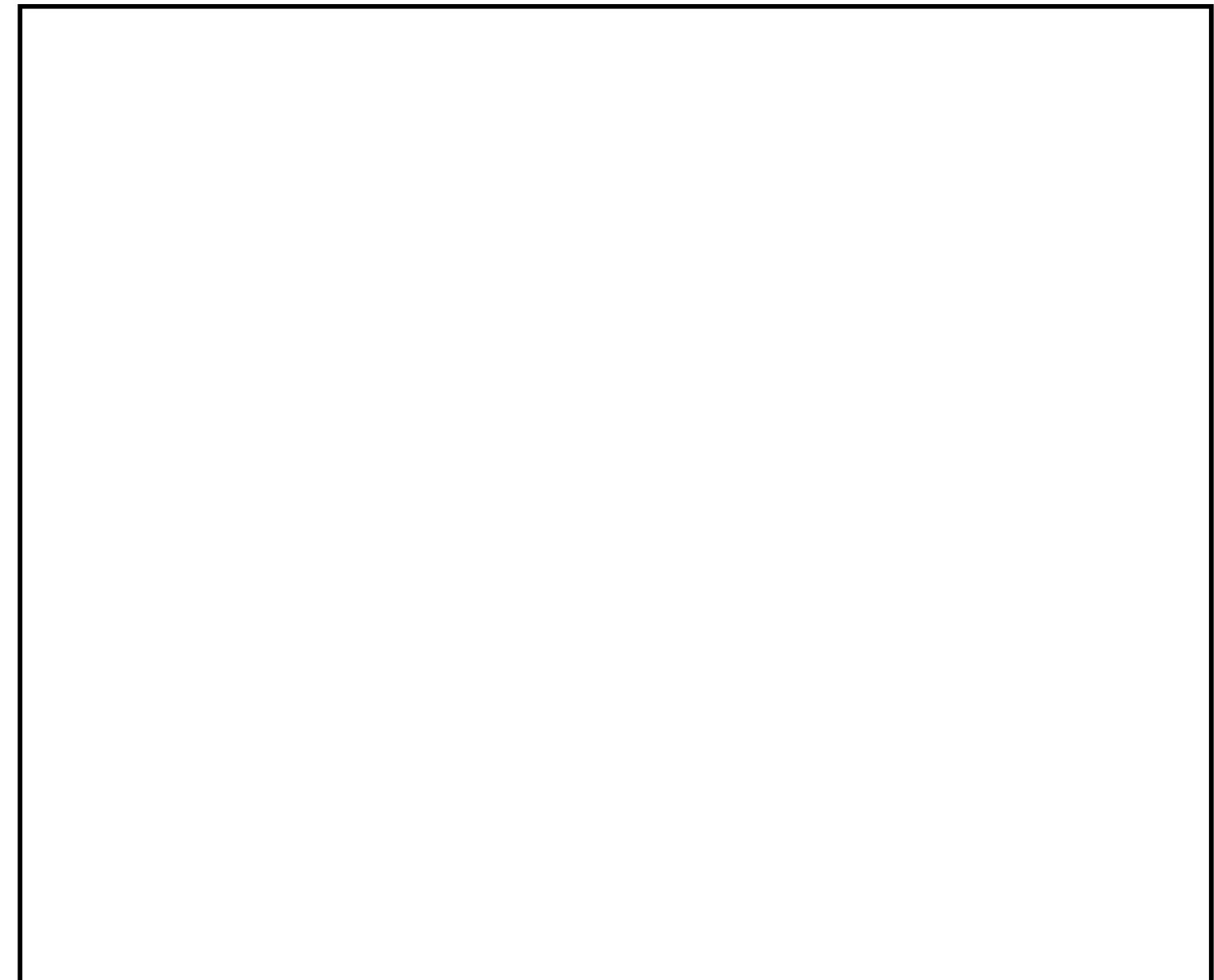
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**Draw anything that comes to mind when you think about the money you have made from your career/business in 2019...**

A large, empty rectangular box with a black border, intended for a drawing or sketch.

# goal setting for 2019...



## PERSONAL LIFE

3 areas I will focus on improving

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## BUSINESS + CAREER

3 areas I will focus on improving

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Write down your mission statement for 2020...

\_\_\_\_\_

\_\_\_\_\_

List all the things you need to implement to  
achieve this...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# what's your vision of success?



Imagine yourself one year from now. How would your ideal work day/week look?

What would you be doing? Who would you be working with? How would you be feeling?

Also consider which aspects of your business you'd be most keen to delegate or would dread the most or least enjoy.

Then have a think about your life in a wider sense in that year-from-now POV.

What would you love to be doing more of? How would you like to feel?

And finally, think about the terms of that vision of success. What does balance look and feel like to you? What are the non-negotiables? What are the things you are unwilling to do? The people you don't want to work with? The way you don't want to feel?

**Write it all down, there's no right or wrong, no shoulds or should nots!**

# what's your vision of success?



**What can you start doing now to achieve what you just wrote about?**

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**What do you need to start doing in the next 6 months to achieve this?**

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# what's your vision of success?



**Write down 5 words or feelings that you want to reflect your life in 2019...**

(Eg. loved, respected, wealthy, fit, relaxed, pampered etc)

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**Write down your dream money number for  
2020...**

**£** 

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**let's do  
this!**

**TIME TO SMASH  
SOME GOALS**