



2023 Review

INSTRUCTIONS: You'll need a journal or workbook, your favorite cup of tea, coffee or something else that's wonderful and a quiet place to be for a little bit. Also, it's better for stimulating your brain to write with pen and paper than type on a device.

PART 1

Transport yourself back to the last days of December 2022.

Where were you?

Who were you with?

What was going on in your career?

What was the status of your health?

What were you stressed/worried about?

What were your hobbies?

What did a regular day look like?

As you anticipated the year ahead, what were your aspirations and concerns?

If you set clear goals for 2023, recall them now. How did you do?

PART 2

Answer as many of the following questions as you'd like to about your 2023 year:

What were your favorite memories?

What were the risks you took?

What was your biggest surprise?

List your top 5 wins of the year.

What were your top 3 - 5 disappointments of the year?

What are the biggest lessons you learned this year?

What did you change your mind about this past year?

What is the personal progress you've made in the past year that you're most proud of?

What stories from last year are you letting go of as you proceed into 2024?

What area(s) of your life do you want to transform in 2024?

What about your work are you most committed to changing and improving in 2024?

What advice would you like to give yourself?