



# Review Your Year

An Exercise to Reflect on  
Your Year's Five Pros & Cons

Each year has milestones, setbacks, & other significant events that deserve acknowledgement.

Your personal timeline just experienced a new tally on the total times you travel around the sun, so why don't we define the significance of this specific tally!

## Directions

- 1) List five difficult events from your year.
  - a) *Examples: Health issues, loss of loved ones, career setbacks, etc.*
- 2) Reflect on how you plan to learn from these five life curveballs.
- 3) List five positive events from your year.
  - a) *Examples: Significant life events, career milestones, memorable experiences, grateful moments, etc.*
- 4) Reflect on how you achieved these positive life events by acknowledging your hard work or your personality traits which led to these events.
- 5) Finish with a brief statement summarizing your year to provide closure for this last year so you can be excited to move onto the next!





# Review Your \_\_\_\_\_ Year

Difficult Event	_____ _____
Lesson Learned	_____ _____

Positive Event	_____ _____
How Achieved	_____ _____

Difficult Event	_____ _____
Lesson Learned	_____ _____

Positive Event	_____ _____
How Achieved	_____ _____

Difficult Event	_____ _____
Lesson Learned	_____ _____

Positive Event	_____ _____
How Achieved	_____ _____

Difficult Event	_____ _____
Lesson Learned	_____ _____

Positive Event	_____ _____
How Achieved	_____ _____

Difficult Event	_____ _____
Lesson Learned	_____ _____

Positive Event	_____ _____
How Achieved	_____ _____

## My \_\_\_\_\_ Year End Summary

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_