



*You've got to know  
who you are,  
what you stand for,  
and where  
you're going,  
or you're just blowin' in  
the wind.*

*And... if you're a  
leader, it's not just you  
blowin' in the wind,  
it's your whole  
organization blowin'  
with you.*



## Year-End Review

Year end provides a great opportunity to step back and take stock of our lives, to take some time to see the bigger picture, and to acknowledge yourself for what you have accomplished and who you have become over the past year. Let this exercise be easy and rewarding. Hopefully the experience will set you up for a deeper sense of satisfaction and a motivating New Year's goal setting session.

The review is designed to provoke your year-end reflection in two arenas: work and life. You may want to blend these 2 arenas on one inventory or complete the inventory twice once for each arena.

Please note: the inventory following this page has the typewriter tool enabled to allow you to type in your answers. If you save this file to your computer and re-open the document in Adobe Reader it will show a typewriter icon at the top of the page that when clicked will allow you to type anywhere on the document.

■ Looking back over the year, what did you accomplish? List at least 25 things -- Things you have done right, ways you've grown as a person, goals achieved, positive life changes, special memories you have created.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_

Notes:

---

---

---

---

---

---

---

---

---

---



■ What were the top 10 things that drained your energy this year?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

■ What were the top 10 things that gave you energy this year?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

■ Who are the 3 people that matter to you most? What have you most appreciated about having them in your life? Have you expressed your appreciation to them in a meaningful way?

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



- List the top 3 goals you were shooting for this last year. On a scale of 1-10 how satisfied are you with this year's progress? For any that you are less than satisfied with, is the goal still important to you? If yes, make note of it and save it for consideration for next year's list.

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

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

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

- What was the biggest lesson you learned this year that you want to guide you in the next year?

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

- Given that you have a few weeks left this year – what can you do to finish the year off right, lighten your load or prepare for next year?

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



**We commend the conscious choices  
and clear intentions from which you  
are living your life!**