

Looking Back at 2019

To set yourself up for success in the year ahead, it helps to take inventory of the past year. By reflecting upon what went well, and what didn't, you can gain valuable insights to help you with what's to come.

What was the best thing that happened this year?

What goals did you achieve this year?

What accomplishment are you most proud of?

Were there things you wanted to do but didn't?

When did you have the most fun?

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What are the things that went well?

Think about what is working. The days that you savored and went to bed at night satisfied and happy. Focus on and celebrate what went well. Being positive and thankful can change your mindset and creates a great platform for reaching your dreams.

01	04
02	05
03	06

What are the things that could be improved?

What has not been working? It's true that the past is the past. But reflecting on your life and work can help you understand what needs to change in your future. Don't focus too much on these – just write them down and then move on.

01	04
02	05
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What are your biggest lessons from last year?

Take all of the things you learned from what worked and what didn't, and think about how you can incorporate that into your goals and plans for next year.

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