

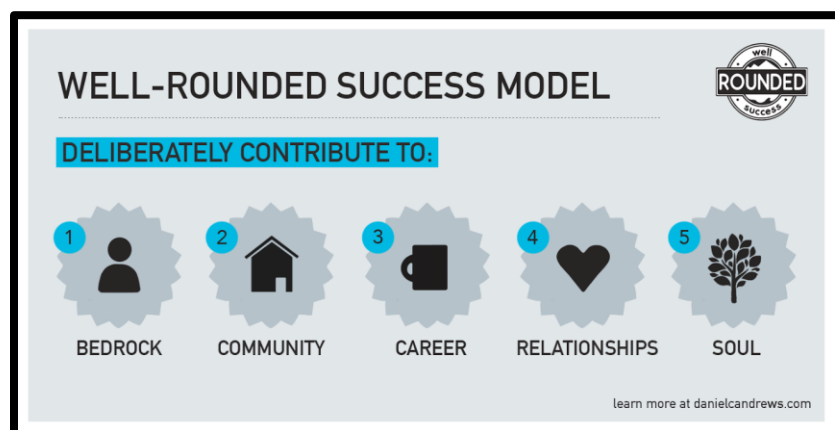


# Your Year in Perspective

Each year has milestones, setbacks, & other significant events that deserve acknowledgement. Your personal timeline just experienced a new tally on the total years you experience on this planet, so why don't we define the significance of that specific tally!

You'll find an exercise on the following page & we encourage you to follow the below instructions so that you can put this last year into a productive perspective.

1. FOLLOW THE DIRECTIONS. These are numbered & listed for specific purposes.
2. Get together all available calendars (digital & physical) that you used to organize your life.
3. Set aside 20 – 30 minutes to complete this exercise.
4. Approach the left column first & write down all the negative events from this past year on the bullet lines while leaving the logo lines blank.
  - a. Reference your calendars.
  - b. Examples include unfulfilled goals, health issues, loss of loved ones or friends, or any other significant events that occurred.
5. Approach the right column & write down all the positive events from this past year on the bullet lines while leaving the logo lines blank.
  - a. Reference your calendars.
  - b. Examples include awards, proud moments, milestones, fun trips and experiences, or any other significant events that occurred.
6. Now, that your mind is realizing the positive aspects of the last year, readdress the negative events by listing on the logo lines what you specifically learned from these situations.
7. Once you completed your self-reflection, self-analyze on the right hand side & list which specific feelings you felt when you accomplished the positive experience on the logo lines.
8. Now review everything that you wrote down & summarize your last year in one to two sentences.
9. Finish off by writing what you learned & how you will apply these lessons in your future.
10. Congratulations! You learned from the past year & are ready to tackle a new one!





# Your Year in Perspective

## Negative Events

## Positive Events

❖ \_\_\_\_\_

 \_\_\_\_\_

\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_

\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_

\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_

\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_


\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_

\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_


\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_


\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_


\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_

\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_

\_\_\_\_\_

❖ \_\_\_\_\_

 \_\_\_\_\_

\_\_\_\_\_

## Year-End Summary

\_\_\_\_\_

\_\_\_\_\_

## What You Learned

\_\_\_\_\_

\_\_\_\_\_