**Year-end review 20….**

The intention is to look back over the past year to collect the **gifts**, the learning, the victories… and to prepare for the next year.

Each circumstance can be considered in a positive light.

The objective is **celebration** and **gratitude**.

**Talking** with other people is very constructive.

**Compare** with your previous year-end review(s).

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The cells are expandable.

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| --- |
| **Title** or a few words: |
| **Learnings and achievements**, highlights, 1st times: |
| **Spirituality**, progress, new experiences, understanding: |
| **Relationships**, family, friendships, love, encounters: |
| **Services**, rendered or received: |
| **Physical**, health, lifestyle, diet, addictions, sleep, sport...: |
| **Work**, studies: |
| **Housing**, furnishings, decorating, acquisitions, storage, finance...: |
| **Holidays**, travel, leisure, creativity, art, culture (books, films, shows, exhibitions, etc...): |
| **Objectives**, more or less achieved. Compare with last year’s review: |

The nuggets, subjects of **gratitude**, **confidence** and **joy**:

**The year ahead**: **20….**

A few questions :

* What do I wish to improve?
* Who can I get closer to? Who will I take care of?
* What do I want to achieve?
* How am I going to have fun? Cultivate myself? Maintain myself?
* What will I put in place for my fulfilment, my spiritual path?
* What will contribute to my happiness ?

Go through the different items in order to clearly define the **projects** and **objectives**…:

**Life review**:

Look at the road travelled, pick up the lessons, appreciate the gifts!