

New Year Review

What it's about:

Gives you an alternative view on New Year's Resolutions and goal setting and helps you to make sure you are focusing on what really makes you happy.

Source: daniellelaporte.com/reviewing-your-year

What you need: A friend, pen, paper, a timer, about 20 minutes.

Step 1: Write a list of the highlights of the last year or season. You only have three minutes. Write anything. It's fascinating to see what surfaces when you don't filter it, hence the time pressure.

Step 2: Have a good friend look it over and point out what they see the patterns are and if they think you missed anything.

Step 3: What pattern do you see? What very obviously gives you joy? If you missed something did you consciously omit it or did it not come to mind when you were thinking of the highlights?

Step 4: Chill out more and spend a bit more time to really think about what moved you and mattered the most in your past year.

Step 5: Determine the five things you're going to focus on in the next year or phase of your life. (Easier said than done but such focus is essential to your success.) Go back to Step 3.