

YEAR IN REVIEW

10 greatest happenings from last year	
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

I am most proud of these three accomplishments from last year:	
1	
2	
3	

The three greatest lessons I learned last year:	
1	
2	
3	

Three personal improvements I have made in the last year are:	
1	
2	
3	

If I could do it again, I would do these three things differently:

1	
2	
3	

The greatest influences on me last year [people, products, viewpoints, etc] were:

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Smartest decision I made last year:

Most caring service I performed last year:

Biggest risk taken last year:

Most important relationship improved last year:

One word which best sums up and describes last year's experience:

Three things I need to do more of next year are:

1	
2	
3	

Three things I need to do less of next year are:

1	
2	
3	

Three things I need to stop doing altogether next year are:

1	
2	
3	

GRATITUDE

Three amazing people in my life are:	
1	
2	
3	

Three great things about my home and where I live are:	
1	
2	
3	

Three great things about what I do for a living are:	
1	
2	
3	

Three gifts and unique talents I have are:	
1	
2	
3	

Three great gifts of knowledge and experience I have are:	
1	
2	
3	

Three ways I have experienced luck in my life are:	
1	
2	
3	

LIFE ASSESSMENT

RELATIONSHIPS AND FAMILY

I spend at least 10 hours focused time with my family each week

1 2 3 4 5

I get together with friends at least once a week

1 2 3 4 5

There is no one in my life who I haven't completely forgiven

1 2 3 4 5

I am actively engaged in learning how to be a better spouse, parent and /or friend

1 2 3 4 5

I actively look for ways to support and help advance the success of my friends and family

1 2 3 4 5

I take complete responsibility for all the relationships conflicts when they arise

1 2 3 4 5

I easily trust those I live and work with

1 2 3 4 5

I am 100 per cent honest and open with all those I live and work with

1 2 3 4 5

It is easy for me to commit to others and honour those commitments

1 2 3 4 5

I recognise when I need support and am continually seeking help

1 2 3 4 5

TOTAL SCORE:

PHYSICAL

I do strength training at least 3 x a week

1 2 3 4 5

I do cardiovascular exercise at least 3x a week

1 2 3 4 5

I do stretching and/or yoga type exercise at least 3x a week

1 2 3 4 5

During a typical day, I watch no more than 1 hour of TV

1 2 3 4 5

I eat breakfast (more than just coffee) every day

1 2 3 4 5

I don't eat fast food ever

1 2 3 4 5

I spend time outside for at least 30 min a day, every day

1 2 3 4 5

I have undisturbed sleep for at least 8 hours each night

1 2 3 4 5

I don't drink more than 1 caffeinated beverage per day

1 2 3 4 5

I drink at least 8 glasses of water per day

1 2 3 4 5

TOTAL SCORE:

MENTAL

I read something instructional or inspirational for at least 30 mins each day

1 2 3 4 5

I listen to something instructional or inspirational for at least 30 mins each day

1 2 3 4 5

I stay completely current with my industry news

1 2 3 4 5

I see instructional information in my field every day

1 2 3 4 5

I have a mentor whom I trust

1 2 3 4 5

All my friends are a positive influence in my life

1 2 3 4 5

I never engage in gossip

1 2 3 4 5

I review my major goals every day

1 2 3 4 5

I review what I am grateful for every day

1 2 3 4 5

I always say no to requests or obligations that don't fit my core values or objectives

1 2 3 4 5

TOTAL SCORE:

SPIRITUAL

I consider myself a giving person

1 2 3 4 5

I take at least 20 mins each day to meditate and reflect on my life

1 2 3 4 5

Others who know me would consider me a giving person

1 2 3 4 5

I have a personal relationship with my giving source

1 2 3 4 5

I study my giving beliefs daily

1 2 3 4 5

I practice my giving beliefs daily

1 2 3 4 5

I teach my giving beliefs daily

1 2 3 4 5

I live completely in accordance with my giving beliefs

1 2 3 4 5

I consistently use my spiritual beliefs to help resolve my problems

1 2 3 4 5

I consistently use my spiritual beliefs to help others

1 2 3 4 5

TOTAL SCORE:

WORK

I plan my day out the day before

1 2 3 4 5

My goals are written, prominently displayed and regularly reviewed

1 2 3 4 5

I love what I do and enjoy getting up every day to do my job

1 2 3 4 5

I am continually filled with a feeling of accomplishment and satisfaction from my work

1 2 3 4 5

I am constantly improving my professional strengths and weaknesses

1 2 3 4 5

If I could I would still do my job without pay

1 2 3 4 5

I am home with my family on time every day

1 2 3 4 5

My current business/job has the realistic potential of accomplishing all my financial goals for the next year

1 2 3 4 5

My current business/job has the realistic potential of accomplishing all my financial goals for the next year 10 years

1 2 3 4 5

My current business/job gives me a feeling of significance and it makes a positive difference in the lives of others

1 2 3 4 5

TOTAL SCORE:

FINANCIAL

I have a completely detailed budget and unfailingly stick to it

1 2 3 4 5

I have a professionally designed and diversified financial portfolio

1 2 3 4 5

I save at least 10 per cent of my income every month

1 2 3 4 5

I am credit card debt free

1 2 3 4 5

I have a dedicate six month reserve account completely funded and set aside

1 2 3 4 5

I feel I am compensated completely according to my worth

1 2 3 4 5

I have an updated and complete last will and testament

1 2 3 4 5

I have the needed insurances and financial plan in place for my family should something happen to me

1 2 3 4 5

I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life

1 2 3 4 5

I live well below my means and never spend money imprudently

1 2 3 4 5

TOTAL SCORE:

LIFESTYLE

I have hobbies outside of work that I enjoy and take part in at least 3 times a week

1 2 3 4 5

I attend cultural events (eg Opera, museums, theatre) at least 2 times a month

1 2 3 4 5

I vacation at least once a year with no work communications

1 2 3 4 5

I spend as much time as I want with my family

1 2 3 4 5

I spend as much time as I want with my friends

1 2 3 4 5

I am constantly seeking adventure, trying something new and creating diverse experiences

1 2 3 4 5

I feel like there is enough time in the day to do what I both need and want to do

1 2 3 4 5

I live life to the fullest every day

1 2 3 4 5

I take time out to daydream every day

1 2 3 4 5

I am completely present in every moment of every day

1 2 3 4 5

TOTAL SCORE:

SUMMARY

SCORE MARKS/10									
0-5	1	11-15	3	21-25	5	31-35	7	41-45	9
6-10	2	16-20	4	26-30	6	36-40	8	46-50	10

CATEGORY	SCORE	MARKS/10
Relationships and family		
Physical		
Mental		
Spiritual		
Work		
Financial		
Lifestyle		

What would you like to achieve this year in each area?	
Relationships and family	
Physical	
Mental	
Spiritual	
Work	
Financial	
Lifestyle	

TOP TEN GOALS

	Goal	Category	Deadline
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

BANNER GOALS

1	
2	
3	