SELFGROWTH.ORG

My Year in Review

Look back at the year honestly, learn what you can from it, then choose what comes with you into the next one. Be as kind to yourself as you would be to a friend.

01 Looking back

Start with what happened. Scroll through your photos or calendar if you need a prompt.

The moments I'm glad I had this year:

What was hard this year:

Something I did that I didn't think I could:

Something I'm proud of, big or small:

Someone who made a difference to my year, and how:

Overall, how did this year feel?

1 2 3 4 5 6 7 8 9 10

Very hard — Very good

02 What gave me energy, and what drained it

Think about where your time and attention went. Be specific: people, places, jobs, habits, even apps.

What gave me energy

I felt more like myself afterwards

What drained me

I felt flat or on edge afterwards

Something I want to give more of my time to:

Something I want to give less of my time to:

03 What I learned

Something I learned about myself:

Something I learned about other people, or about life:

A mistake or setback I can learn from, written kindly:

Something that surprised me:

What I'd tell myself at the start of the year:

04 Things I'm grateful for

Gratitude isn't about pretending everything was fine. It's about noticing what was good alongside what wasn't.

Five things, people or moments I'm grateful for from this year:

1. _____
2. _____
3. _____
4. _____
5. _____

05 Keep, change, let go

Decide what comes with you into the next year.

Keep What's working	Change What I'll do differently	Let go What I'm putting down

06 Looking ahead: three small intentions

An intention is a direction, not a promise to be perfect. Choose a few and make each one specific. For each, write a first step you could take in the next week.

My intention Specific and small	Why it matters to me	First step, and when e.g. 'Book it on Saturday morning'

What might get in the way, and what I'll do if it does:

Who I could tell, so I'm not doing it alone:

The date I'll look at this sheet again:

When you're done, a moment to reflect

- If I read this as a friend's year, what would I say to them?
- What do I notice when I put the energy list next to how I spent my time?
- Is there anything I'm carrying into the next year that I could put down now?
- Which one intention would make the biggest difference if it was the only one I kept?
- What would make this year a good one, in my own terms, regardless of what I achieve?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life. Fill it in online and it saves as you go: selfgrowth.org/worksheets/year-in-review-template

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.