2019 Year In Review Workbook

Congratulations! Another year is in the books. We've completed another trip around the sun and closed out the 2010's. And now, it's time to gear up for our next journey.

But before we do that, it's time to get present to the unique opportunity of this season: Zooming out and thinking big-picture.

I applaud you for creating some space to reflect on the year, celebrate what went well, identify opportunities for growth, solidify important insights, and get excited for the year to come.

If you're reading this, you're the type of person who cares about leading a life that will make your future self proud. You want to live an intentional life that's focused on the things that matter most. And you're excited about doing what it takes to take your life, career, health, and relationships to the next level. (If that checks out...GO YOU! You're awesome.)

The rest of this workbook will help you do just that.

Here a few best-practices to keep in mind when completing this exercise:

1. **Give yourself space:** Put a meeting with yourself on your calendar. Give yourself the gift of time to reflect and unpack the year. This exercise can be a big boost for your new year.
2. **Prepare yourself for deep creative work:** Get a full night of sleep, get some exercise, fuel your body well, and when the time comes, get fully present and eliminate all distractions.
3. **Consider why this process matters to you:** What amazing results or outcomes might be possible for you if you complete this year in review?
4. **Print it out ahead of time:** Eliminate any potential friction from your path.
5. **Find an uplifting location:** Go to your favorite coffee shop, the local greenhouse/conservatory, or another physical environment that lifts you up.

Give yourself a high-five. Grab your favorite tea/coffee. Take a deep breath. And let's do this!

With love,

Patrick Buggy
Founder, Mindful Ambition

Completed By: _____ Date: _____

Section 0: Principles

Why Review Our Year?

"If we ever hope to go anywhere or develop ourselves in any way, we can only step from where we are standing. If we don't really know where we are standing...we may only go in circles."
~Jon Kabat-Zinn

A review process helps you arrive fully where you are standing. By reviewing the past—be it a day, week, month, or year—we can close the door on that chapter. And in doing so, arrive fully in the present, able to look ahead to the future with a grounded sense of stability.

The Structure of A Good Review

I typically conduct some sort of review on a daily, weekly, quarterly, and yearly basis. Each of these reviews follows the same core structure. Here are the pieces at play that we'll use in this guide.

1. **Fundamentals**: *"How did I do with the fundamental habits that support my energy and attention?"* When we have good energy, everything in life is easier. Start here.
2. **Wins**: *"What went well? What's worth celebrating?"* Our minds are wired to look for what's wrong. We can counteract that by proactively celebrating wins. And reinforcing our identity as someone who creates wins by punctuating them with a #thatslikeme.
3. **Opportunity Areas**: *"What needs work? How can I improve?"* Apparent failures and mis-takes are growth opportunities in disguise. Identify them so you can level-up next time around.
4. **Major Lessons and Insights**: *"What did I learn?"* An insight only changes your life if you bring it with you and put it into action. Recording our insights and lessons-learned and helps.

We'll also include a few bonus categories in this review. But the basic structure is the same.

Start by Clarifying Your *Why*

Why do you want to complete your review? What benefits will you experience by finishing it?

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Section 1: Your Year in Review

"An unexamined life is not worth living" ~Socrates

-- 2019 At-A-Glance --

What defined your 2019? Make a few notes on the main happenings/growth in each area of life.

Health + Energy - - -	**Personal growth** - - -
Work + Career - - -	**Friends + Family** - - -
Intimate Relationships - - -	**Fun + Relaxation** - - -
Finances - - -	**Anything Else!** - - -

What were the most memorable events and happenings of your year?

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If you had to summarize it in a few words, what was your 2019 all about?

"2019 was the year of..._____"

-- Energy Fundamentals --

"You'll have a hard time actualizing your potential if you find it hard to get out of bed in the morning."
~ Brian Johnson

Your energy impacts every aspect of your life. Give it the attention it deserves here.

Sleep: How was your sleep? What's the #1 thing you want to start doing to improve it? And what's one thing you want to stop doing?
Exercise + Movement: How were your exercise and movement? What's the #1 thing you want to start doing to improve it? And what's one thing you want to stop doing?
Fuel: How was your nutrition/hydration/fuel? What's the #1 thing you want to start doing to improve it? And what's one thing you want to stop doing?
Meditation: How was your meditation practice? What's the #1 thing you want to start doing to improve it? And what's one thing you want to stop doing?

-- Wins: What's Worth Celebrating? --

"Celebration is an active state, an act of expressing reverence or appreciation. To be entertained is a passive state--it is to receive pleasure afforded by an amusing act or a spectacle...Celebration is a confrontation, giving attention to the transcendent meaning of one's actions."
~ Abraham Joshua Heschel

"This year, I feel proud of myself because..."

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What went well this year?	What was your role in creating those wins?
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What's the nicest thing someone said about you?

How have you grown the most? What feels normal that didn't used to?

What did you do for the first time? (Or that scared you?)

When did you experience flow states, where you lost all track of time? What were you doing?

What were your greatest contributions to the lives of others? Who did you impact most strongly? How did you do that?

What else went well?

-- Opportunity Areas: How Can I Get Better? --

"You don't learn to walk by following rules. You learn by doing, and by falling over."
~ Richard Branson

What didn't go as planned/expected?

When did fear hold you back from showing up at your best?

If given the chance, what might you have done differently this year?

What was boring that you wanna change?

What did you worry about that, in hindsight, was unnecessary to worry about?

Where did you drop the ball? What were your biggest mistakes? How can you be grateful for these experiences? (How did they help you grow?)

-- Major Lessons and Insights --

"A stumble may prevent a fall."
~ Thomas Fuller

What were the biggest lesson you learned/ insights you had in 2019?

When did you feel most alive in 2019? Where were you? What were you doing? Who were you with? What was your role in creating those experiences?

What parts of yourself did you uncover/discover in 2019?

What amazing people entered your life this year? Who did you most enjoy spending time with? Who was most impactful to you? (Have you said "Thank you" to those people recently?)

About what have you changed your mind this year?

What topics did you spend the most time thinking about?

What's most important for you to take with you from 2019 moving forward?
What insights/practices/principles/habits/qualities would you like to carry forward?

"This year, the best decisions I made were..."

Section 2: Letting Go

"Just as a snake sheds its skin, we must shed our past over and over again."
~ Gautama Buddha

Before we can put our hands around new, wonderful things, we must first let go of the things we're holding onto that no longer serve us. Only by releasing the anchors that weigh us down can we move forward with ease.

What are you holding onto that no longer serves you?
(e.g. Relationships, mindsets, beliefs, habits, commitments, unfinished to-do's…)

What's the payoff you have received (up until now) from holding on to each of these things?
(e.g. *The payoff I receive from holding onto my fear of honest communication is that it prevents me from the vulnerability of rejection. Or, the payoff I receive from holding onto my resentment is that I feel the satisfaction of being "right."*)

Are you willing to release your attachment to these things? Why? Or why not?
(And to be clear, there's no right answer. "No" is just as acceptable as "yes.")

What are you creating space for by releasing these attachments?

If there's anything or anyone else you'd like to say "Goodbye" to from 2019, do so here:

Section 3: Your Phoenix Moment

"What is to give light must endure the burning."
~ Viktor Frankl

The Phoenix is powerful. At points in its life, the phoenix bursts into flames and burns itself into a pile of ashes. It is reborn from the ashes, ready to enter its next chapter with greater strength.

The same is true for you. You are capable of accessing tremendous stores of internal power. But accessing them requires shedding whatever is holding you back. To become who you want to be in the future, you must die to the past version of you.

You can create this type of Phoenix Moment at any time. But the New Year provides a unique opportunity to step into the flames--dying to your past self--to let yourself be reborn from the ashes. Free yourself to enter this new year uninhibited by past expectations. As preparation for planning your Best Year Yet, that's what this section is about. Here's to your burning! :)

-- A Thank You Note to 2019 --

What did 2019 give you, for which you're grateful? Express your thanks by writing a quick note.

Dear 2019,

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With love,

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-- Your Moment in Flames --

Have you ever considered all the bad things that *haven't* happened to you?

Think for a moment about how you *haven't* been diagnosed with a debilitating disease. And that you *aren't* surrounded by the chaos of a war zone. And that you *aren't* struggling to scrape together enough food and clean water to keep your body nourished.

Recognize this. And know that at this moment, there are hundreds of millions of people who would consider it an actual miracle if they could step into your shoes. There are hundreds of millions of people experiencing profound suffering at the hands of war, illness, and poverty in this instant.

Which means you are lucky. Profoundly so.

To have your health--even only sort-of.
To have friends--even just a few.
To have hobbies or interests, and the freedom to pursue them.
To have the freedom of attention to devote to this exercise without being disrupted by some sort of terrifying encounter with chaos is to be lucky.

Look around you. Take a deep breath. And feel in your core how lucky you are.

And now, take a moment to imagine that you had died yesterday. Tragically and suddenly, your life came to an end. Picture your death in your minds-eye. Feel it in your heart.

And then imagine that through some miracle, you have been given another chance at life. And you've been transported back into the situation you are now in.

If you had died yesterday and been reborn in this moment...

- How much would you savor your life?
- How would you lean into the opportunities now present before you?
- How committed would you feel to bringing your best self into each day?

This is the opportunity you have now. You don't know how long your life will last. You're playing a game where you can't see the score and you don't know how much time is on the clock.

Which means you have a choice: Play the game with your whole heart. Or look back at the end and wonder… "What if I had?"

This moment is yours to seize. You get to live another day of this beautiful life.

Make the most of it.

Fill this space with anything else you'd like to capture about your 2019:

-- Final Note --

Congratulations! By completing this exercise, you've tied a bow on your year. And in doing so, you've arrived fully where you are.

Which means you are now standing on the edge.

The edge of a new year. And the edge of possibility.

You are here. You've closed the door to 2019. And now, it's time to throw open the door to a brand new year: 2020.

Ready to make it the best year of your life and the beginning of the greatest decade of your life?!?

If so, proceed to the **2020 Best Year Ever Workbook**.