

# Review the 9 Key Areas of Life

## Health

Big Wins:

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Losses/Challenges:

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Effort Score (1-10):

Outcome Score (1-10):

## Family

Big Wins:

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Losses/Challenges:

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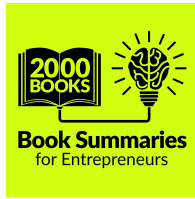
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Effort Score (1-10):

Outcome Score (1-10):

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## Love/Romance

Big Wins:

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Losses/Challenges:

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Effort Score (1-10):

Outcome Score (1-10):

## Business/Career

Big Wins:

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Losses/Challenges:

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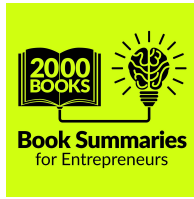
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Effort Score (1-10):

Outcome Score (1-10):

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## Finance/Wealth

Big Wins:

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Losses/Challenges:

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Effort Score (1-10):

Outcome Score (1-10):

## Friends and Social Relationships

Big Wins:

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Losses/Challenges:

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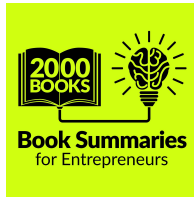
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Effort Score (1-10):

Outcome Score (1-10):

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## Contribution

Big Wins:

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Losses/Challenges:

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Effort Score (1-10):

Outcome Score (1-10):

## Spirituality

Big Wins:

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Losses/Challenges:

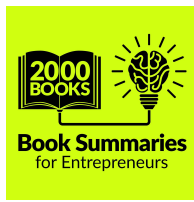
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Effort Score (1-10):

Outcome Score (1-10):



## Fun/Hobbies/Passions

Big Wins:

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Losses/Challenges:

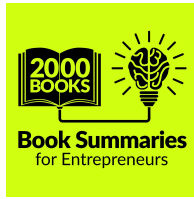
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Effort Score (1-10):

Outcome Score (1-10):



# Complete the Picture

## 1. Big Wins

a. What were my Top 5 Accomplishments for the year?

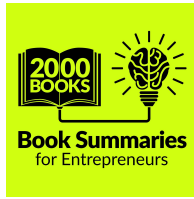
- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_

b. What caused these big wins?

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_
- vi. \_\_\_\_\_

c. What routines/habits/rituals served me well this year?

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_



## 2. Gratitude

a. Top 10 things I am most grateful for from the past year

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_
- vi. \_\_\_\_\_
- vii. \_\_\_\_\_
- viii. \_\_\_\_\_
- ix. \_\_\_\_\_
- x. \_\_\_\_\_

## 3. Precious Moments

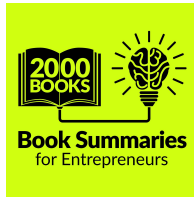
a. What were the 10 most precious/tender moments from last year that I want to treasure for the rest of my life?

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_
- vi. \_\_\_\_\_
- vii. \_\_\_\_\_
- viii. \_\_\_\_\_
- ix. \_\_\_\_\_
- x. \_\_\_\_\_

## 4. People

a. Who were the 5 most influential people in my life last year and how did they affect my life?

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_
- iv. \_\_\_\_\_
- v. \_\_\_\_\_



## 5. Big Failures

a. What were my 5 biggest losses/challenges last year?

i. Failure 1: \_\_\_\_\_

1. Was this a failure of

a. Outcome:

b. Strategy:

c. Execution:

ii. Failure 2: \_\_\_\_\_

1. Was this a failure of

a. Outcome:

b. Strategy:

c. Execution:

iii. Failure 3: \_\_\_\_\_

1. Was this a failure of

a. Outcome:

b. Strategy:

c. Execution:

iv. Failure 4: \_\_\_\_\_

1. Was this a failure of

a. Outcome:

b. Strategy:

c. Execution:

v. Failure 5: \_\_\_\_\_

1. Was this a failure of

a. Outcome:

b. Strategy:

c. Execution:

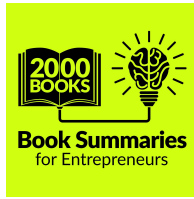
b. What routines/habits/rituals were detrimental to my progress last year?

i. \_\_\_\_\_

ii. \_\_\_\_\_

iii. \_\_\_\_\_





## 6. Big Lessons

a. Looking at everything, what were the 10 Biggest Lessons from last year?

i. Lesson 1:

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ii. Lesson 2:

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iii. Lesson 3:

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iv. Lesson 4:

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v. Lesson 5

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vi. Lesson 6

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vii. Lesson 7

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viii. Lesson 8

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ix. Lesson 9

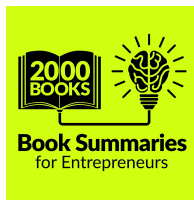
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x. Lesson 10

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7. 80/20

- a. Looking at every area, what was the 20% effort that created 80% of the results?

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- b. What are the 80% of my activities that need to be pruned from my life?

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- c. How can I incorporate more of what caused the big wins last year (achievement island)?

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- d. How can I remove more of what caused the big failures last year (failure deserts)?

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8. Biggest Improvements

- a. What are the 5 Biggest Improvements I need to make next year and how will I ensure that they happen?

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