

ANNUAL REVIEW

Grab last year's Annual Plan, all the Monthly Plans and review sheets you've filled out this year. Review them slowly and thoughtfully. Add any notes on that paper about major events or surprises that took place. After reviewing those pages, fill out the following:

▶ What's Working

Where are you crushing it? What are you really proud of? What rocked during the last year?

▶ What's Not Working

Be a scientist. This isn't about feeling bad, it's just about capturing results. How did you struggle this year? What left you feeling disorganized or discouraged? Do you notice any patterns or bad habits forming? What people or bad habits are holding you back?

Brainstorming Plans for Next Year

After reviewing last year and thinking about the positive things you want to carry over and the negative things you want to lose or improve, take 5-10 min. to brainstorm ways that you can continue the progress above and overcome the stumbling blocks you experienced last year. Review the Motivation Equation again and Be A Scientist! This is the time to revise your expectations and make your plans for next year.