

# Year in Review

A workbook to prepare you up for your best 2019



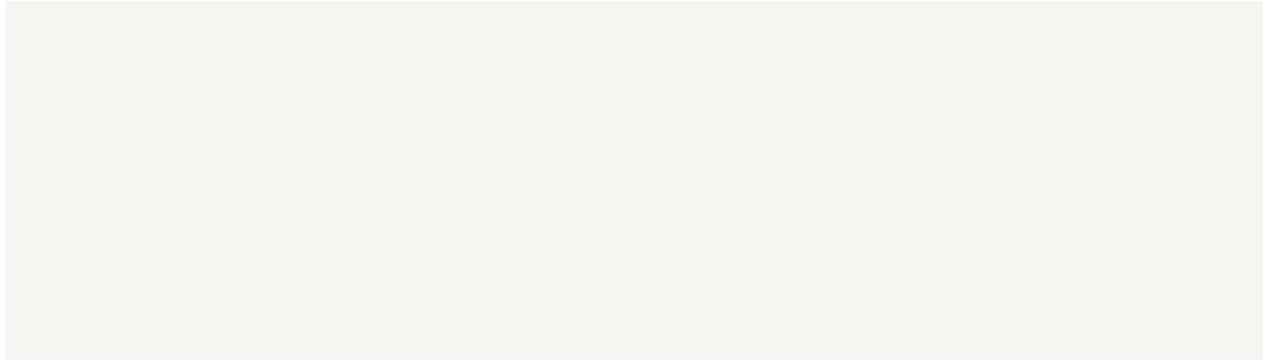
Q4 Consulting

# Professional Life

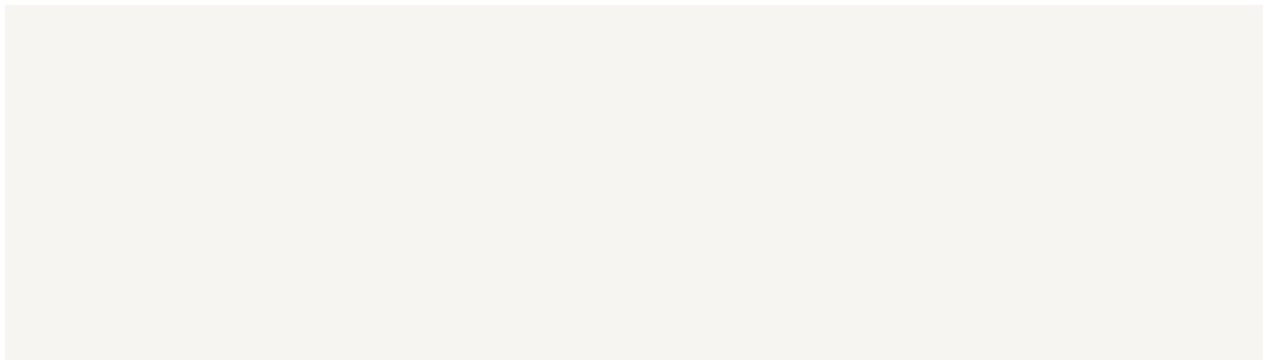
"IF YOU FAIL TO PLAN, YOU ARE PLANNING TO FAIL." - BENJAMIN FRANKLIN

## BUSINESS REVIEW

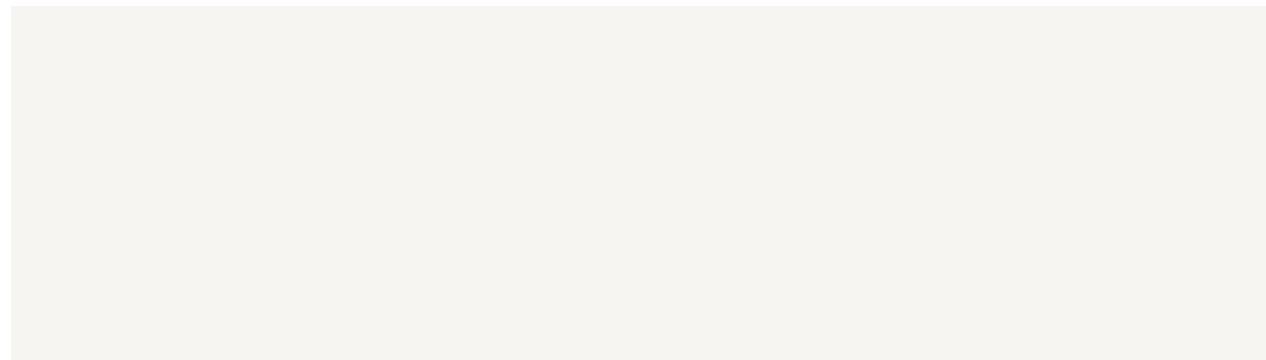
What were my/our biggest professional accomplishments in 2018?



What did I/we do well that I/we need to keep doing?

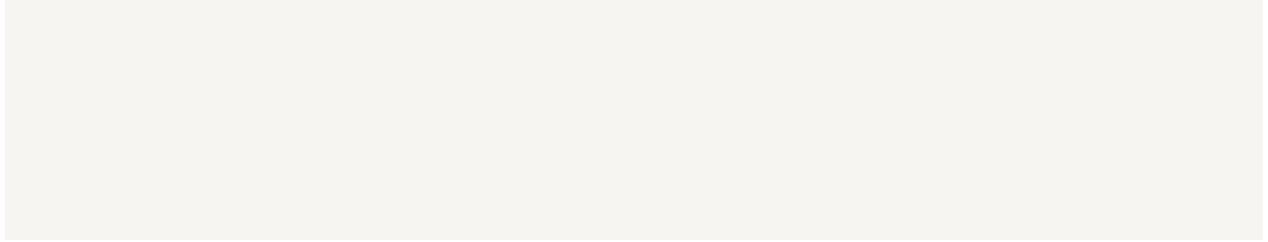


What do I/we need to do better next time?

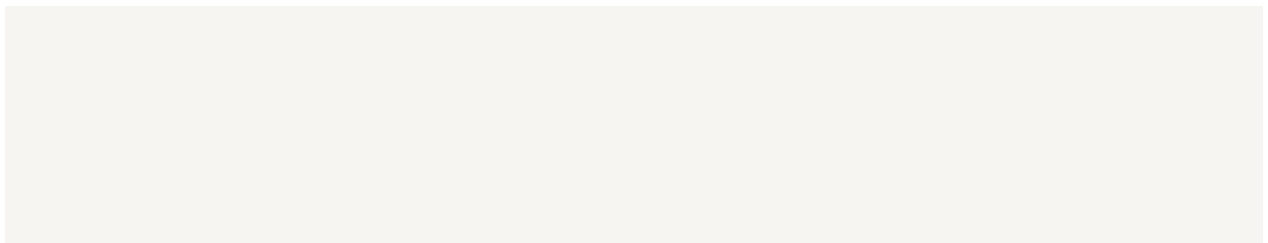


## BUSINESS REVIEW - CONT.

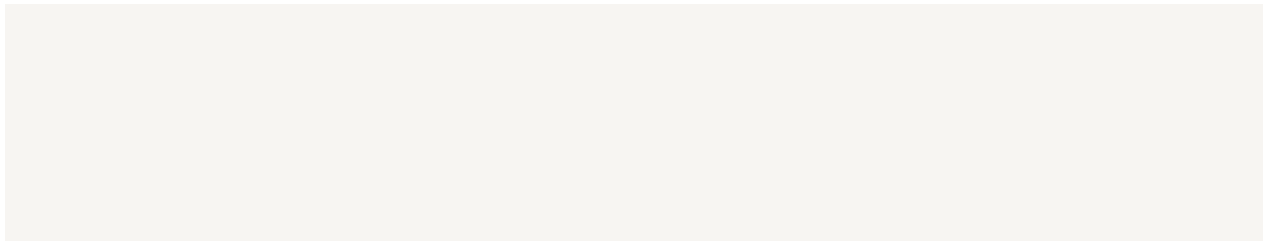
How did I/we grow my/our leadership this past year?



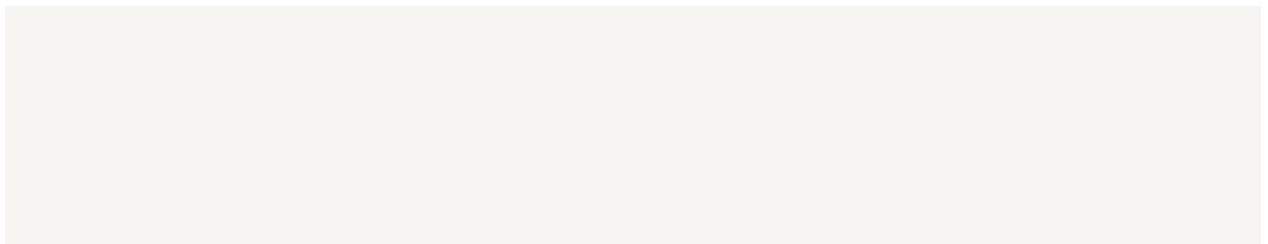
What limits have I/we put on myself/ourselves (& others) that have constrained my/our vision?



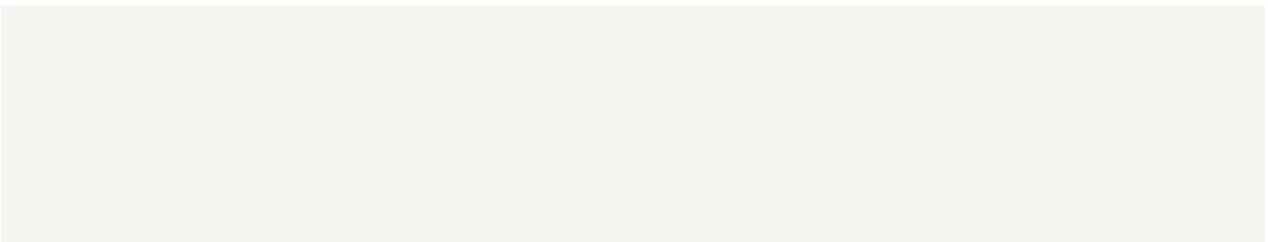
What must I/we communicate to be complete for 2018? With whom?



Moving into 2019, what am I/we passionate about for this year?



What do I/we need to let go of to create space for this to occur?



# Personal Life

'WHAT WILL YOU DO WITH YOUR ONE WILD AND PRECIOUS LIFE?' - MARY OLIVER

## PERSONAL REVIEW

What were my most notable personal accomplishments in 2018?

What did I do well that I need and want to keep doing? What do I want to stop doing?

What do I need to do better next time? Why does this matter?

## PERSONAL REVIEW - CONT.

With regard to my family and community, what/who made the biggest impact in 2018?

What stories am I telling myself (& others) that aren't true anymore?

What connections have been the strongest this year? The weakest? What needs to shift?

Moving into 2019, what am I most passionate about for the year ahead?

What do I need to say 'no' to for me to focus on my passions? What do I need to say 'yes' to?

# Final Musings

What surprised me the most in this review process?

Who do I need to thank for the contributions they've made to me in 2018?

What (and whose) support do I need to reach my goals in 2019?

“THE OBJECT OF A NEW YEAR IS NOT THAT WE SHOULD HAVE A NEW YEAR.  
IT IS THAT WE SHOULD HAVE A NEW SOUL AND A NEW NOSE;  
NEW FEET, A NEW BACKBONE, NEW EARS, AND NEW EYES.”  
— G.K. CHESTERTON

*Additional notes or thoughts:*