

LIFE REVIEW DEEP DIVE EXERCISE

Exercise:

Achievements:

Did I set a goal to be achieved in the past 12 months?

Did I achieve this goal?

Have I been persistent in following through with my goal(s)?

What new skill did I develop?

Was I generous with my time – did I offer assistance or help to anyone outside of my inner circle?

What obstacles did I overcome?

What did I learn this year?

Have I enhanced/improved my personality this year? If so, in what ways?

What achievement am I proudest of from the past 12 months?

What did I change for the better this year?

What was my favourite thing/place/experience this year?

What am I most grateful for this past year? Why?

Did I meet anyone that inspired me or had an impact on me? How was I inspired/impacted?

Who am I most grateful for in my life? Why?

Learning's/challenges:

Am I in the right job, and if not, why not?

Have I effectively managed my time to ensure that each day I worked towards my goal(s)? If not, why not?

Am I suffering from excuse-itus? What are my excuses? Are they legitimate?

What have my diet and exercise habits been this year?

What was my biggest challenge this year?

What did I not make the time for or have the time for?

Was I unfair to anyone? Why?

What disappointments or regrets do I have from the past year? Why?

Thought provoking questions:

What long-term goals do I have where no progress has been made? Why?

What fears do I have that are preventing me from living my dream life? Why?

Looking back on the past 12 months, what was missing from my life?

What can I do to change this moving forward?

On a scale of 1 to 10, how would I grade the previous 12 months?

What was missing that could have made my grade a 10?
