

# Past Year Review

Look back at your last year's calendar and social media posts, write down a few main things that happened each month, and put yourself back in that time. In the smaller box, sum up your main feelings each month in 1-2 words.

January

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February

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March

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April

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May

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June

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When finished, look at your overall year. What did you accomplish?  
Give yourself credit and grace for what you've been through.  
What changes do you want to implement in the new year?

July

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August

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September

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October

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November

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December

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