

A annual reflection is a reflection of the year in different life areas - a way of learning and growing from experiences



Structure of this reflection

1. Go through all **Life Areas** and reflect and write down the highlights and challenges of the year (We suggest taking 5 min per Life Area)
2. Give each life area a ranking from 1-5 to reflect how happy you were with that area in the last year. Add these to the **Life Balance Wheel** to have a one page overview.



**Health &
Fitness**



**Mind &
Wellbeing**



**Friends &
Family**



**Love &
Relationships**



**Money &
Finances**



**Work &
Career**



**Growth &
Learning**



**Fun &
Recreation**



Health & Fitness

Reflect on your physical health. Which sportive activities did you do? How did you sleep?
Look at areas such as alcohol, smoking, posture & hydration.



What went well?



What didn't go so well?



Mind & Wellbeing

Reflect on your mental health. How was it different from the year before? What recurring thoughts and worries clouded your mind? What brought you peace of mind?



What went well?



What didn't go so well?



Friends & Family

Reflect on your friends and family, how did your relationships evolve? Which friends and family members had the biggest impact on you this year? Did you get involved in any communities?



What went well?



What didn't go so well?



Love & Relationships

What were the highlights of your relationships in the past year? What were challenges?
How did you work on building and maintaining your relationships?



What went well?



What didn't go so well?



Money & Finances

Did you feel financially secure last year? How did you manage your expenses?
What were your biggest financial successes or challenges in the past year?



What went well?



What didn't go so well?



Work & Career

Are you happy with the progress you made in your career? What was your favorite project or experience at work in the past year? How did you manage your work-life balance?



What went well?



What didn't go so well?



Growth & Learning

Reflect on your personal growth and learnings. What skills did you pick up or got better at? Think about experiences, books, people, podcasts, blogs or courses that impacted you.



What went well?



What didn't go so well?



Fun & Recreation

Reflect on hobbies, trips, activities that were fulfilling and those that were exhausting. Any new crafts you picked up? How much attention did you give your creativity?



What went well?



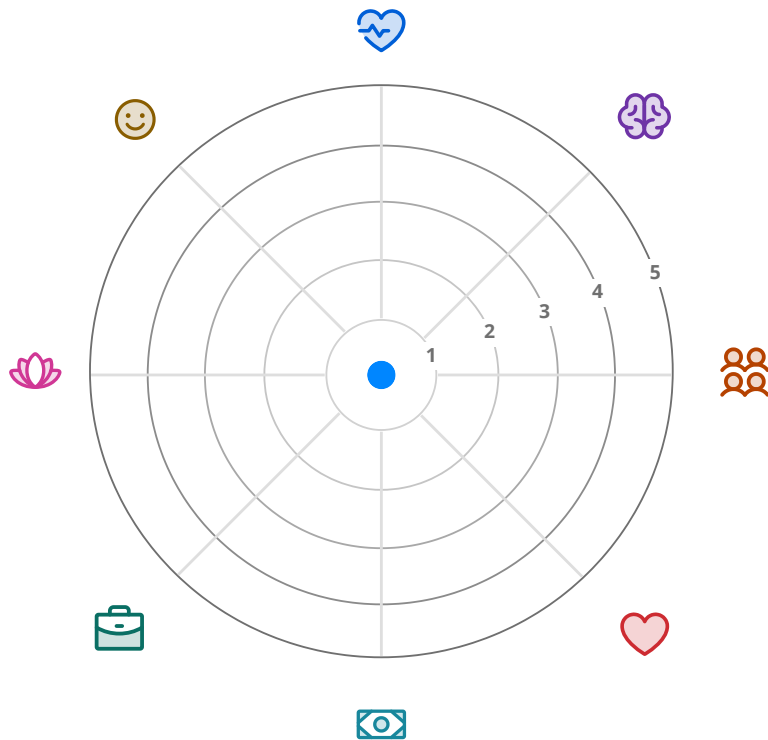
What didn't go so well?

Life Balance Wheel

Review all your life areas and evaluate them. How happy are you with each of the life areas this year? Give them a ranking from one to five.

1 = I'm unhappy with this area

5 = I'm very happy about this area



What's next?

- Be intentional about your next year (e.g by setting goals)
- Talk with other people about your insights/ideas
- Save your Annual Reflection, so you can easily come back to it

Other recommendations for further planning and reflections



[Gustin Annual Review Template](#)