



2018 GUIDE TO YOUR YEAR-END REVIEW

Celebrating the good, the bad, and the ugly

IN **H**ER VISION



I N H E R V I S I O N

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Writing a Year-End Review

Why do it?

Taking some time at the end of the year to recollect, reminisce and reflect on how the year has unfolded is not only a way to see how your goals for the year panned out, but it can be a great way to practice gratitude for all that came into your life this past year. All the good and the not-so-good, as these are our greatest teaching lessons.

In this **Guide to Your Year-End Review** you'll walk away with a bundle of your great memories right at your fingertips, the life lessons you've learned from the year's past, and how you can improve and enhance yourself in the year to come!

What you'll need to get started:

- **INHERVISION's 2018 Guide to your Year-End Review**
- A couple of hours carved out just for you
- A journal or laptop to write
- Colored markers, stickers, photographs, mementos, and other crafty tools to dazzle your year-end review

Let's Get Started! ->

1. Recollect, Reminisce, and Reflect

Take some time to recollect and reminisce over the past 12 months, starting all the way back to January 2018. Think about what events took place that started your year off.

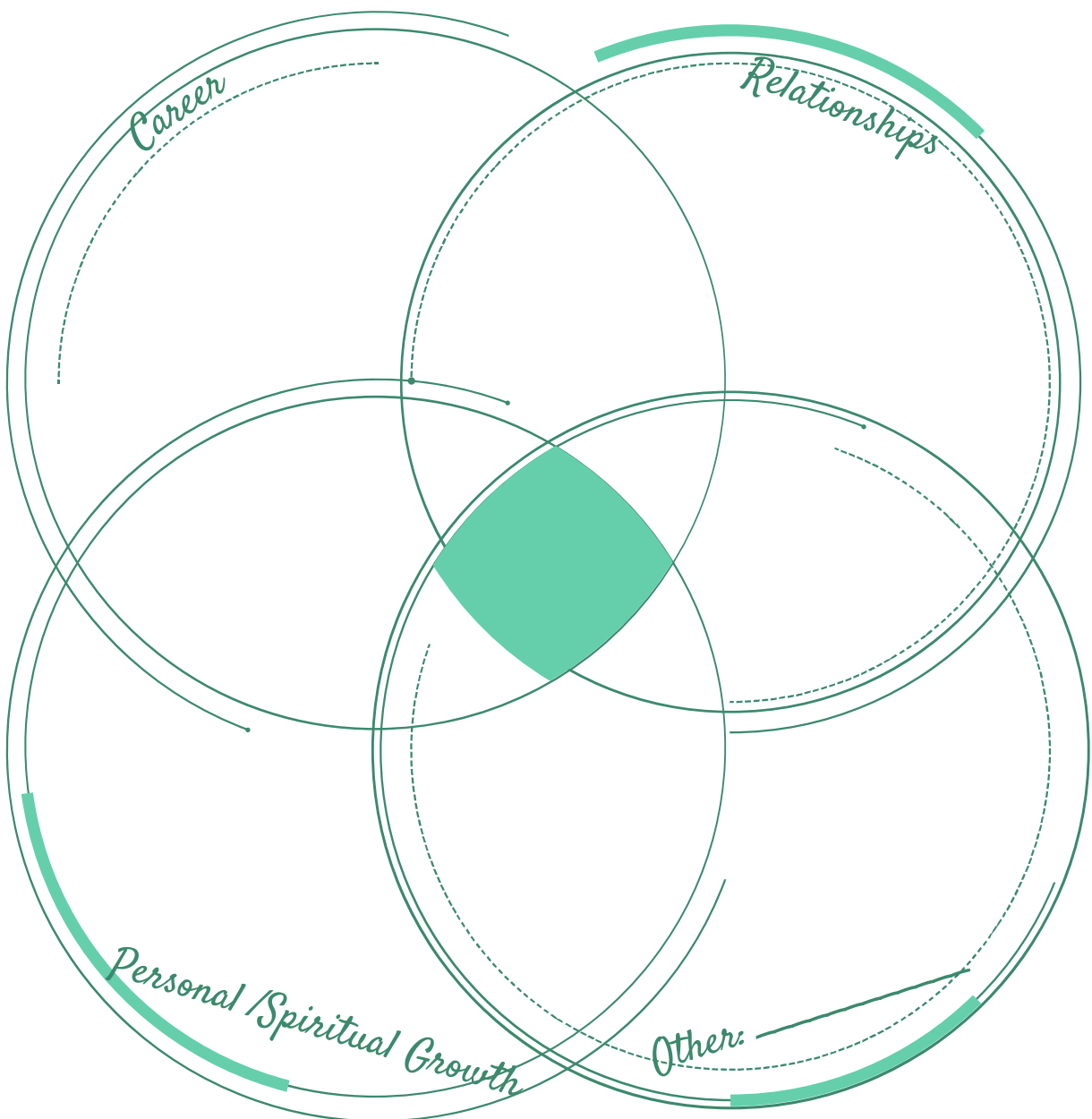
If you're a Type A organizer freak like me, perhaps you can look back at your online calendar and all your appointments you set.

Other great resources to help you remember the earlier months of your year is to look back at emails, texts, and messages to friends and family; also your social media posts. What was going on in your life back then? What was the biggest thing you were putting your energy into? What parties and events did you attend? Who did you meet that had a particular impact on you? Include whatever you feel is significant from this year.

January	February	March	April
December			May
November		Themes Lessons Insights	June
October	September	August	July

2. Begin by writing an overall summary of what this year meant to you

Think about some key insights and life lessons you've had from this year. What were they and what did they teach you? What were some of the challenges you faced this year? (We gotta give this part of your year love too!) What was your overall trajectory this year? What was the overall theme in your career life? In your relationships? In your friendships? in your personal growth?



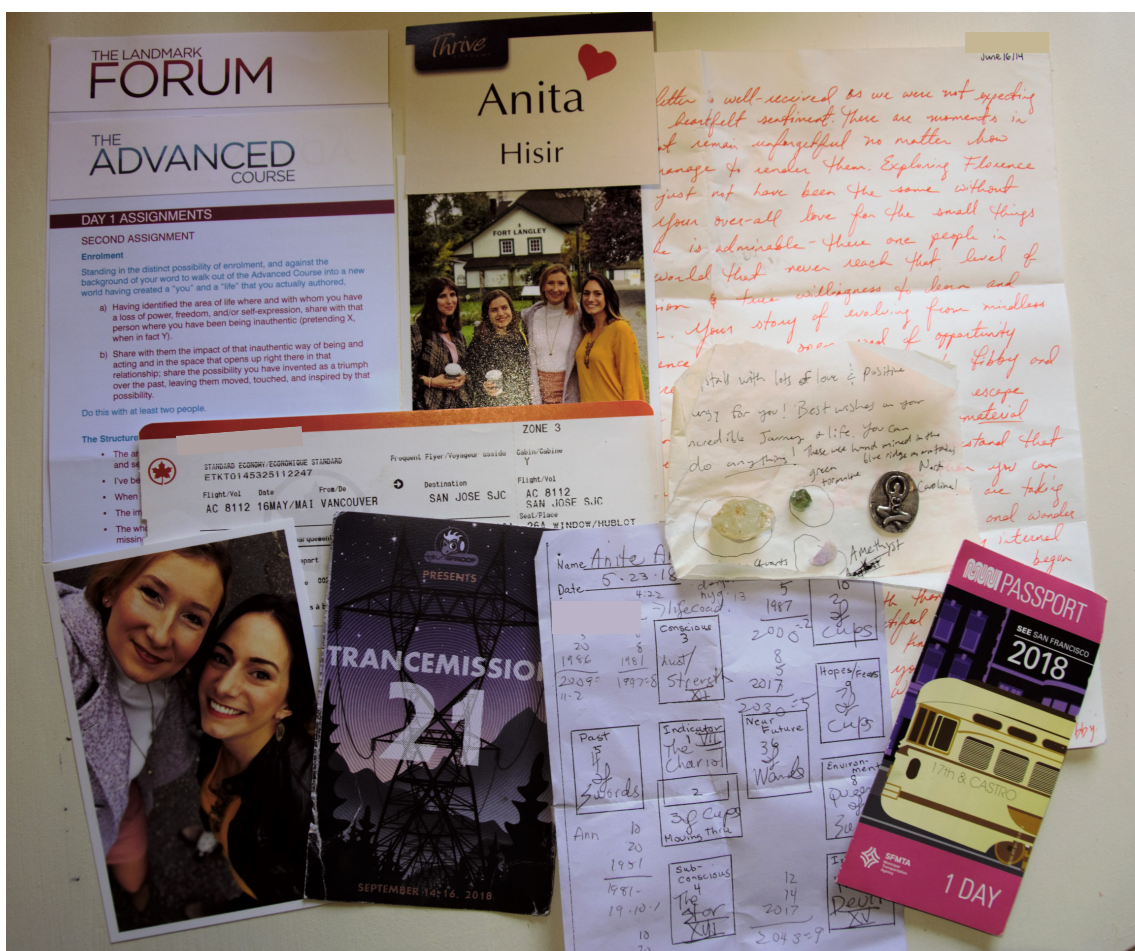
3. Think about some specific memories from 2018 that you don't want to forget and write those down in as much detail as possible.

Don't worry about not having *all* the details. The details that you do remember are the ones worth remembering and jotting down.

Why was each memory significant to you?

This is the part when you can get creative and add photos or keepsakes that remind you of that particular moment. Example: ticket stub, plane ticket, a small token you received from a new travelling friend you met, a memento from a date, etc.

Here are some of my momentos and memories from this year:



4. Let's take a moment now to talk about the things that didn't go so hot, that were challenging and downright ugly in 2018...

You'll find that some had a fantastic 2018, while others found this year challenging and are happy to see 2019 around the corner.

What specifically didn't go well in 2018 for you? What were you disappointed by?

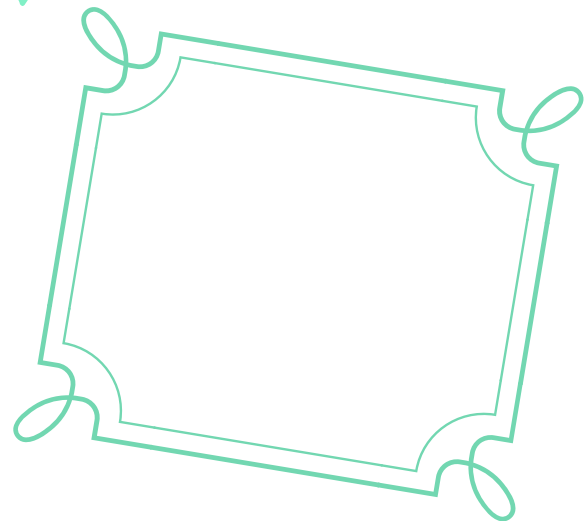
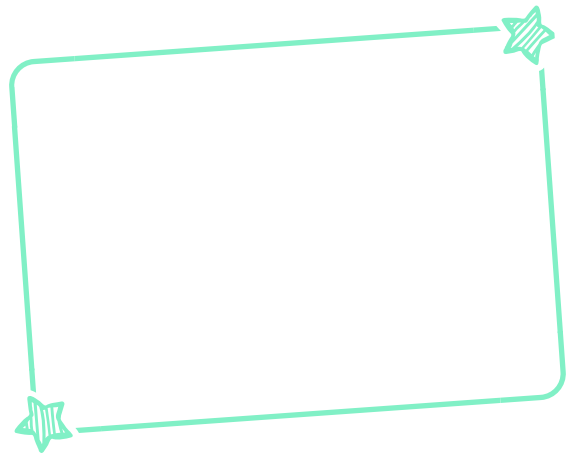
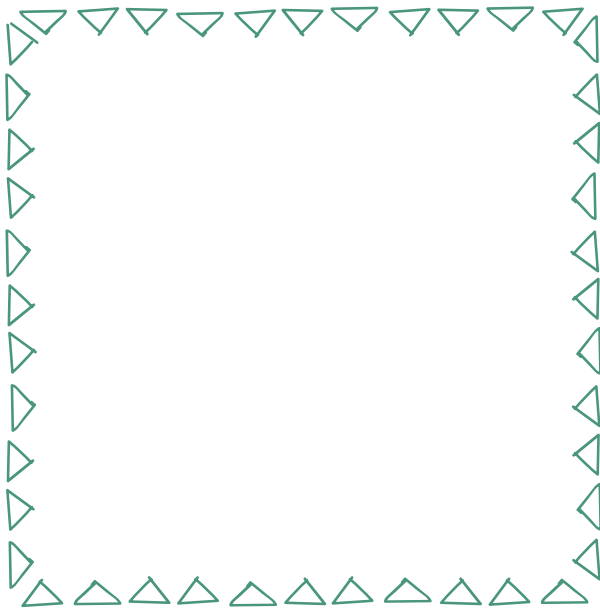
What were you challenged by? And what was the lesson(s) you learned from this challenge?

What are some of the goals you said you were work on but didn't? Why do you think it fell by the wayside?

What do you need to release in 2018 so that you can have a fulfilling and successful 2019?

5. Summarize the year, give thanks and end on a personal note for you for the upcoming year 2019 :)

Collect your thoughts, tie it all together and give thanks to all that was and all that couldn't be this year, for there is always next year!



BONUS: If you really want to prep for an amazing 2019 then let's get clear on what your goals are for this upcoming year!

I usually think about 3-4 big goals that I want to work on throughout the year. These goals are in specific areas of my life: career, money, relationships, health and fitness, travel, personal and spiritual growth.

With each BIG goal, I break them down into mini goals / actions that are easier to manage and digest -- it makes those big goals a lot less daunting!

Goal
1

a: _____

b: _____

c: _____

Goal
2

a: _____

b: _____

c: _____

Goal
3

a: _____

b: _____

c: _____

Goal
4

a: _____

b: _____

c: _____

Keep your goals posted somewhere visible.

Your room, bathroom, kitchen fridge... post your goals somewhere where you can see them frequently. Even though you may not be working on your goals every single day, seeing them keeps them in the back of your mind and you'll soon find that things start to fall onto your path that will help you in achieving these goals.

I like to revisit my goals at the start of every season! Make it a sort of ritual to see how I'm doing and if some of these goals are really important for me still. I will rework the goals that no longer fit to what's important to me.



I hope you enjoyed creating your **2018 Year-End Review!**
I'd LOVE to see your work and what you've put together :)

Use the hashtag **#ayearinreview2018**

Let's stay in touch!

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