

REVIEW, REFRESH & RELAUNCH

STEP
1



REVIEW

What were the highlights of the year?

What made you feel proud, joyful and loved?

What were the low parts of the year?

What was hard? What made you feel hurt, angry or sad?

What did you learn this year?

What do you learn about yourself, others & the world at large?

Did anything surprise you?

What stood out to you?

How have these events changed you?

What will you remember most 5 years from now?

STEP
2



LIFE AUDIT

Once you've looked back at the year that was, it's time to look at where you are now, in this moment. Rate each of the following areas from 1 to 5 in terms of how fulfilled you feel in each.

- 1 = totally unfulfilled
- 5 = completely fulfilled

REVIEW, REFRESH & RELAUNCH

STEP
2
CONT.

Health & Fitness	1 _____ 5
Friends & Community	1 _____ 5
Love & Relationships	1 _____ 5
Family	1 _____ 5
Creativity & Adventure	1 _____ 5
Career	1 _____ 5
Money & Finances	1 _____ 5
Emotional Wellbeing	1 _____ 5

Spend some time reflecting on why you gave each area the score that you did. What changes need to be made?

STEP
3



LOOKING FORWARD

The next step is to look ahead and map out where you are going to go next.

The Big List. What are all the things you want to *accomplish, contribute, and become* in the next year?



REVIEW, REFRESH & RELAUNCH

STEP
3
CONT.

The Short List. Look through that long list of aspirations/ goals. What are the 3–5 things that, if you achieved them, would make next year a huge win? What really matters?

STEP
4



RENEWAL

Choose activities you commit to do in your 5 - 7 days of renewal in each of the following categories:

Spring Clean	
Detox	
Exercise	
Nutrition	
Rest	
Play	

STEP
5



CHANGE YOUR STORY

Decide on a personal mantra moving forward, write it down and carry it with you every day.

STEP
6



CHART YOUR PATH

This final step will be about making sure think about a realistic path to achieving the goals you’ve defined. At this stage brainstorm:

Milestones: For each goal, what would be a good 3-month milestone to let you know you’re on track?



REVIEW, REFRESH & RELAUNCH

STEP
6
CONT.

New practices: In order to reach those goals, what are the habits, behaviours, and attitude you'll need to adopt in the next year?

Connections to make: In order to reach those goals, who do you need to build or deepen a relationship with? Who can inspire, teach, and support you in this journey?

STEP
6
CONT.

Things to give up: In order to reach those goals, what are the habits, behaviours, and attitude you'll need to drop in the new year?