

# LOOKING BACK

As we move toward the end of the year, many people start to think about their goals for the next year. While it's important to spend time thinking about your future, we've found that it's more powerful to consider your vision for your future *after* you've taken a look back at your past year.

This month, take some time to look in the rear view mirror and reflect on the nine areas of your life we've mentioned below.

**The reason we've chosen these areas is that they're global enough that you can explore your experiences in a broad category and they're also specific enough to get you thinking about the core areas in life that can lead to joy or can cause significant challenge.**

If you find that there's another area that you want to address, please add or edit to make this work for you.

You may find it helpful to use your calendar/planner/checkbook/credit card statements to get a better overview of how you spent your time.

**Here's to looking back!**

## 1. HEAD:

What opportunities did you take in 2021 to think and learn?

What would you say were your greatest learnings?

What do you wish you'd learned?

## 2. HEART:

How have you listened to and been guided by your heart this past year?

Where have you seen your heart's greatest impact?

Where do you wish you'd given your heart more influence?

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## 3. SPIRIT:

How have you honored your spirit in 2021?

What has honoring your spirit looked like for you in 2021?

Can you see ways that you ignored your spirit?

## 4. INSTINCTS:

Have you listened to your instincts and wisdom this past year?

If so, what key ways have your instincts / wisdom guided you?

If not, would you do it differently next year?

## 5. BODY:

How have you related to your body or your physical self this past year?

What are you pleased about?

What saddens or frustrates you?

## 6. WORK:

What role did work play for you this year?

What are you most proud of accomplishing?

What had you hoped to accomplish that you haven't?

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## 7. LEISURE:

Have you given yourself time to relax and play during 2021?

What are the big and small ways you've found to enjoy leisure time?

Have you let yourself have the leisure time that matters to you?

## 8. PAST:

How have you observed your past influencing you this past year?

What have you gleaned from the past that has served you?

What have you absorbed from your past that has gotten in the way?

## 9. FUTURE:

Throughout the year, have you let your hopes and plans for the future influence and guide you?

If so, how have you seen that influence?

If not, would you do anything differently?

**Take some time to look back and think about how you've spent this past year.  
This will help you as you think about the various ways  
you want to spend your time in the upcoming year.**