

MY OWN

BOOK OF

LIFE

name: _____

PRIVATE & CONFIDENTIAL

SEPT. OCT. NOV

DEC. JAN. FEB

**LAST YEAR
AT A
GLANCE**


What do you remember
from each season of last
year? Highs? Lows?
Challenges? Achievements?


JUN. JUL. AUG

MAR. APR. MAY

THE LIFE PIE

1 Draw a dot in each segment of the pie to represent how satisfied you are in each area of your life.

 = not that satisfied

 = great! I'm really fulfilled!



2 Now connect the dots. Is the line even, or lopsided? Where is there most room for improvement?

mmm... (gf) PIE.

THIS PAST YEAR...

Write about the past year.
What were you proudest of? What do you regret?
What relationships have been most important?

WHOM DO YOU NEED
TO ASK FOR
FORGIVENESS...?
make a list...

OVERALL THEMES OF THE YEAR:

WHOM DO YOU NEED TO FORGIVE? make another list..

THIS COMING YEAR...

Draw a picture of your ideal self
(or write about the ideal self) you want to be
this coming year:

new year's resolutions...

What are your top five priorities for the coming year?
(could be one for each of the "4 worlds" of physical, emotional, intellectual and spiritual plus a wild card... but doesn't have to be).
For each priority, also write a practical first step toward making your resolution a reality.

1. _____
FIRST STEP:

2. _____
1st STEP:

3. _____
1st STEP:

4. _____
1st STEP:

5. _____
1st STEP: