MY OWN

BOOK OF

LIFE

name: ______________________

PRIVATE & CONFIDENTIAL
LAST YEAR AT A GLANCE

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