

# 2021 In Review

Use the spaces below to evaluate the year, and think about what you do or don't want to continue in the coming year.



**What is the first word that comes to mind when you think of the past year?**

**How did the year surprise you? What went as expected?**

**What significant events or transitions did you go through?**

**What lessons will you take into next year?**

**What do you wish you had known at the start of the year?**

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Use the spaces below to evaluate the year, and think about what you do or don't want to continue in the coming year.



**How did you care for yourself this year (physically, emotionally, mentally)?**

**How did you care for your relationships this year?**

**What do you want to do in the coming year to take better care of yourself or your relationships?**

## Look ahead to 2022

Work through the spaces below before completing pages 4-5 in the planner, to get yourself into the right mindset!



**How do you want to feel this year?**

**What will you do to make sure you feel that way throughout the year?**

**What do you want to accomplish this year, and more importantly, why?**

**As you've reviewed 2021 and looked ahead to 2022, is there a central theme or themes you see emerging? Any contenders for your North Star?**

# Mind Mapping

If you're struggling to get clear on your North Star, use this space to brain dump everything you want out of the year ahead – how you want to feel, what you want to focus on, what you want to achieve. See what connections you can create, working your way to the middle, until you find a central North Star to connect them all and guide you through the year.



You're already off to an amazing start for the year. Take a break, let things simmer, and then head to page 4 of your planner to continue setting yourself up for a fantastic 2022.