

2019 REFLECTION

Reflect on the year that's been and perform an 80/20 analysis.
This new wave of clarity will help you establish priorities for 2020.
Upgrade the positive, downgrade the negative.

Identify and list the 20% of people, activities and experiences that contributed 80% or more of your most positive emotions this year. What do these people, activities and experiences have in common?

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Identify and list the 20% of people, activities and experiences that contributed 80% or more of your most negative emotions this year. What do these people, activities and experiences have in common?

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Knowing yourself is the beginning of all wisdom.
ARISTOTLE

For additional insight and perspective, ask your family and friends what activities they believe you should do more of and what you should do less of in the coming year.

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List your 3 biggest takeaways from 2019.

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