

2018
YEAR END
REVIEW
WORKSHEET

Looking back on 2018, what are you most proud of?



What did you learn?



What are you still working on?

How have you changed?

What was your happiest moment this year?



What were your top 3 personal accomplishments?



What were your top 3 professional accomplishments?

Based on your answers above, if you could give your 2018 a theme, what would it be? Why?

CONGRATS ON AN AWESOME YEAR!

While every year has its ups and downs, **I hope this worksheet helped you to recognize all of the ways in which you totally crushed 2018!** Look at everything you've done! You are amazing! With the momentum you have from this year, I can't wait to see what 2019 has in store for you!

Now as a final exercise, I'd like you to decide how you're going to celebrate the awesome year you had.

It's important to not only reflect on how far you've come, but also to celebrate yourself. As a go-getter, you probably have pretty high standards for yourself. You hit your goals, set your sights on the next one and keep going. **Celebrating yourself may not feel totally natural, but I promise it's worth making a habit of it!**

How do I know this? Because I'm the same way. Throughout my life, I've been a high achiever and pretty bad about celebrating my successes - instead I always just jumped to the next goal. **Yet, I've found that celebrating my successes helps to bolster me when things get tough or don't go my way.**

Making celebrating my wins a habit has made it easier for me to bounce back from failure and keep my mindset more positive overall. It felt kind of awkward at first, but now I love it!

So figure out how you want to celebrate and go do it! You deserve it, girlfriend!

I'll be right here, cheering you on!

Be well,
Carolyn

P.S. Want to talk about your year end review and get some help with goal setting for 2019?

If so, send me an email at
carolyn@compassmaven.com
and we'll set up a time to chat!

