*Reflect on the past year
and set intentions
for the year to come*

19/20

2019
Retrospective
2020
Intention-Setting

By Jessica McWhirt

RETROSPECTIVE

Looking back on the past year to reflect on what went well and what could have gone better will help you in crafting your intentions for the next year. Stay open-minded and objective.

WHAT'S WORKING

Ask yourself the following and answer:

1. What went well?
2. What are you most proud of in terms of achievements and accomplishments?
3. What/who were positive aspects?

Go through the past year and think about what stands out the most for you.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

RETROSPECTIVE

WHAT'S NOT WORKING

Ask yourself the following and answer:

1. What needs improvement?
2. What are your biggest opportunities for growth?
3. What/who were energy suckers?
4. How can you fix what's not working for a better result?

Be honest with yourself. No one has to see these answers. Dig deep.

RETROSPECTIVE

WHAT YOU LEARNED THIS PAST YEAR

What three words would you use to describe your past year? Why those three?

_____ _____ _____

_____

_____

_____

_____

On a scale of 1-10, how would you rank this past year? Why that number? _____

_____

_____

_____

_____

What parts of yourself do you wish to expand and strengthen? Why?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

RETROSPECTIVE

WHAT YOU LEARNED THIS PAST YEAR

What was your overarching mental state this past year?

_____
_____
_____
_____
_____
_____

Knowing what you know now, what advice would you give your early-2019 self?

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

INTENTION-SETTING

A resolution is to fix a problem, an expression of an opinion. An intention is something you aim to achieve, it's intrinsically motivated with a purpose. We're not problems to solve or an opinion to be expressed. We're flawed humans trying to do our best with what we have. Instead of commanding perfection of yourself, care for yourself, nurture yourself, create a better version of yourself.

Describe your perfect day.

_____

_____

_____

_____

_____

What's one new skill you want to learn in the new year?

_____

_____

_____

_____

What are your top three priorities for the new year?

_____

_____

_____

_____

_____

_____

_____

_____

INTENTION-SETTING

**How do you want to remember the year 2020 when you look back on it a
year from now?**

_____

_____

_____

_____

_____

_____

_____

_____

Who do you want to become in 2020?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

INTENTION-SETTING

Choose one word that sums up your main theme for the next year.

Why this word? What does it mean to you?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

INTENTION-SETTING

Write a personal mantra or affirmation for the new year.

Why this mantra/affirmation? What does it mean to you?

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____