



TIMEFORLIFE LLC.
Success through Balance

Year End Life Evaluation



This exercise is used to help you look back at this past year and determine what were your accomplishments, your goals, and your failures.

It is an introspection exercise that helps you find out where you currently are in your life and where you wish to be.

- 1. Over the past year, what were my biggest accomplishments, achievements, successes?**

- 2. How are they each similar or related?**



3. What did you enjoy most about each?

4. What did you rely on to overcome obstacles in your path?

5. What strengths did you use to accomplish these things?

6. What were your biggest failures or disappointments?

7. What do they each have in common?



8. How can you avoid similar situations in the future?

9. What lessons did you learn in the past year?

10. What do you intend to do to remember the accomplishments you achieved and the lessons you learned last year?
