



Yearly Gratitude Journal

With the life's busyness, we tend to forget to appreciate the simple pleasures of daily life. This is why I created the 'Monthly Gratitude' which after great feedback from my clients and readers I turned into this 'Yearly Round-up Planner'.

This 'Yearly Gratitude Journal' has helped me remember the simple joys, highlights & achievements for each day.

I simply write down the highlight(s) of my day at the end of the day – every day and at the end of the month I have an overview of the fabulous month I just had.

And at the end of the year, I revisit each month and reflect on everything I have done and celebrate an amazing past year!

*It's all about being
grateful and living
a mindful life.*



January

Write down your achievements, high-lights, money earned and other memorable things for this month!

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What 5 people did you most enjoy spending time with?

What book or movie affected your life in a profound way?

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Mid-Year Review

Doing a personal mid-year review can help you stay conscious of your life balance. It also helps keep you on track with any personal goals or projects you want to focus on between now and the end of the year.

GET YOURSELF SET UP

Before we get to the questions, the first thing you need to do is get yourself ready for your mid-year review.

LOOKING BACK

- Make a list of everything that you feel proud of over the past six months.
- Make a list of any new goals or challenges you've taken on over the past six months, as well as how much progress you've made on each.
- What worked?
- What didn't work?

LOOKING AHEAD

- Identify two areas of your life you would like to focus on over the next six months.
- Pick a word or phrase that will sum up your next six months.

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End of Year Reflection

- What am I most proud of this year?
- What were my best achievements this year (these do not necessarily need to be big, grand achievements. Consider the little things too)
- How did those achievements make me feel?
- What were my 3 biggest challenges or obstacles I faced this year? How did I overcome them? Who did I become as a result?
- What was I truly grateful for this year?
- How have I developed or changed as a person?
- What have I done differently this year? What new people have I met or new experiences have I had?
- How much fun have I had this year? Was I fulfilled?
- Who has helped me, been influential or impacted my life this year?
- Is everything I have done this year in alignment with my big dream or goal?
- What old habits would I like to release?
- What new habits would I like to cultivate?
- When did I feel most creatively inspired?
- What projects have I completed?
- How have I procrastinated?
- In what ways can I re-structure my time?
- How have I allowed fear of failure hold me back?
- Where has self-doubt taken over?
- What lessons have I learned?
- What did I my finances look like?
- How did I spend my free time?
- What's the best advice you can give yourself?





