

Annual Assessment - December 2021

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As you may know, when we look at our lives from a narrative perspective, we focus on our values and beliefs. This is where we find our drive and motivation.

The following pdf, will get you on track for 2022, by focusing on understanding why and how you achieved or missed your goals this year, and by making clear what you wish to have accomplished by the end of next year. Your version of success.

Please feel free to share this pdf with friends, family or colleagues, or complete a joint form with your partner or family.

Best Moment & Achievements of 2021

Lowest Moment of 2021



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1-3 goals for next year

Career

Family & Relationships

Finances

Fitness

Health



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Choose 1 or 2 goals from page 2, and decide on the first steps you need to take to achieve this goal.

Break this down in a way that you can put it into your calendar so you have a plan start from the beginning of your week.

Once you have completed this goal, mark it as complete on page 2, and start on new goal.

Continue this process throughout the year until you have accomplished each goal, or until your next assessment in December.

With the completion of each goal, consider what you learned about yourself, and what was important to you, during process, and after you achieve the goal.

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