



2021 ?

Not so fast...

What could we still learn from 2020 ?

30-60 minutes of journal prompts to help you take the best of your year into the future and leave the rest in the past. Great questions to do alone or with your spouse, family or team.



### **About the Author**

Michele Olender is a Certified Life Coach committed to helping anyone who wants to limit or avoid animal products create a Vegan/Whole Food Plant-Based practice. Additionally, Michele has successfully completed the Plant Based Nutrition Certificate Program through Cornell University.

Michele earned a Bachelor of Arts in Russian at Smith College and a Master of Arts from the University of Massachusetts in the History of Art. Her passions are languages, history, travel and helping people eat more plants.



# Wedge Your Best

---

## Year End Review

Gather last year's calendar, to-do lists, journal, budget, etc.

Using the gathered items, **identify 30 experiences and accomplishments** from this year. Even small things can be significant.

- |    |    |
|----|----|
| 1  | 16 |
| 2  | 17 |
| 3  | 18 |
| 4  | 19 |
| 5  | 20 |
| 6  | 21 |
| 7  | 22 |
| 8  | 23 |
| 9  | 24 |
| 10 | 25 |
| 11 | 26 |
| 12 | 27 |
| 13 | 28 |
| 14 | 29 |
| 15 | 30 |



# *Wedge Your Best*

---

## Year End Review

Now, answer the following questions:

### **Looking at this list of accomplishments I feel. . .**

- What am I most proud of?
- What are some of my ah-ha moments?
- What goals from last year did I accomplish? Figure out why.
- What goals from last year did I NOT accomplish? Figure out why.
- The biggest challenge I faced this year? How did I fare and how did I do it?
- The greatest blessing of my life this year?
- What major life lessons did I learn this year?
- How did I practice self-care this year?
- What stressed me out the most this year or caused the most anxiety?
- What did I complain about the most?
- What am I most grateful/thankful for?
- What was my greatest fear?
- What made me happiest?
- What was my biggest disappointment?
- What did I want to do but didn't?
- When did I step out of my comfort zone into my courage zone?
- What is my biggest time waster?
- What negative habit did I break?
- What great new habit did I incorporate?
- What do I wish I would have done more of every day?
- What one thing do I wish I could stop doing?
- What uncompleted projects do I need to finish up this year?

### **What is something new I learned how to do?**

- What is my favorite new thought/quote from this year?
- What was my best experience of the year?
- What was my worst experience of the year?
- What three words would I use to describe last year?
- What is the most important/amazing/shocking thing I learned this last year?
- Who did I spend most of my time with?
- Who were the 3-4 most influential people in my life?
- Who is someone I could always count on?
- Who do I need to spend less time with?
- Who do I need to spend more time with?
- What have I learned about my job/schooling this year?



# *Wedge Your Best*

---

## Year End Review

### **What debts did I pay off this year?**

How much money did I save? How did I do it?

What do I waste money on?

What was my best purchase/financial decision for the year?

How do I feel about finances this last year?

### **So, looking forward to this next year:**

- I will spend more time:
- I will spend less time:
- I will spend less time with:
- I will spend more time with:
- I will not:
- I will:
- I will create more opportunities like:
- I will see, discover, explore:
- I will learn, improve, or master:
- I will develop or strengthen the quality/characteristic of:
- I will stop the habit of:
- I will start the habit of:
- If I accomplish just one thing this year it will be:
- My top three priorities for the upcoming year are:
- My one-word theme for the upcoming year is:

### **Daily Routines**

Morning: What routines will I incorporate into my mornings to help my days be more productive, effective, and efficient?

Evening: What routines will I incorporate before bedtime to help me sleep better, be more reflective of my daily accomplishments, and be more prepared for tomorrow?

Daily: What routines will I incorporate into my days to help me accomplish what I want and need to?

