

# YOUR YEARLY REVIEW

*"We do not learn from  
experience, we learn from  
reflecting on experience."*

John Dewey



Taking time aside to celebrate your wins and learn lessons is key to building a work life, and a life, to be proud of.

That's why we've gathered together insights from motivation science, psychology, and our years of combined coaching experience to put together this snappy year review tool, so that you can take stock of the last 12 months and plan a year ahead to get excited about.

There are 3 key elements:



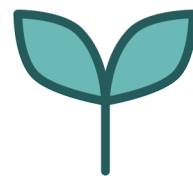
## Connection

Interactions and  
relationships  
with others



## Craft

A specific skill  
or interest to  
be focused on



## Growth

The ongoing  
experience of  
development

You'll review the past year across these elements, use your learnings to set intentions for next year, then sign an agreement with yourself to make your intentions stick!

With love,

The **FLOW** ✨ Team

# CONNECTION

Life's too short for boring chats and frenemies. So whip out your 2022 calendar and think back on your experiences from the last year. Which of your 2022 meet ups felt **enriching**, and which felt **draining**? Log them below.

## ENRICHING



Sparkling dinner chats, giggle-filled nights out, or quiet convos over coffee. List your favourite meet ups of 2022...

## DRAINING

The boring but chatty neighbour. The date who laughed like a hyena at their own jokes. List your worst social experiences of 2022...

## Set your full year intention

Decide how you'll escape the drain to build more enriching experiences of connection by completing the sentence below:

I hereby declare that...

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Psst... Studies show that writing down your goals like this can up your chances of reaching them to 91%. Which makes this whole planner right here a free win... you're welcome.

Signed:

# CRAFT

Think back on your professional or personal projects of the last year. Which of them fell into the gotta-do **positive** category, and which belonged to the **negative** would-rather-eat-a-cactus category?

## POSITIVE ACTIVITIES

The finished project or piece of art. All of those warm and fuzzy moments of flow or achievement here please.

## NEGATIVE ACTIVITIES

Troubles, boredom, or the universe making you its personal ill-fated plaything. Your worst work experiences here please.

## Set your full year intention

Write an actionable commitment for how you'll do more **green** activities and fewer **red** ones in 2023.

This coming year, by any and all means, I will...

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Signed:

# GROWTH

In the immortal words of Parks and Recreation's Ron: "Never half ass two things. Whole ass one thing". Which is our way of saying growth takes focus. Log your thoughts on how you've **grown** or felt **stunted** over the last year.


## GROWN



The dots connect, you hear Handel's Messiah, and that hidden genius you've always known to be within shows itself. Your favourite learning experiences of 2022 here please.

## STUNTED

Those moments you wanted to treat your forehead as a hammer and the wall as an especially durable nail. List your worst learning experiences of 2022.



## Set your full year intention

Decide how you'll grow your **greens** and reject your **reds** in 2023 by completing the sentence below:

I solemnly swear that next year I will...

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Signed:

FLOWN

# YOUR YEARLY REVIEW

*“Do not wait until the  
conditions are perfect to begin.  
Beginning makes the  
conditions perfect.”*

Alan Cohen

Reminders, routines and rewards are vital to building toward new goals, but it's especially important to note your progress in the early stages.

Use the tracker below to chart the first 31 days of your journey.

Tick each day you  
follow through on a  
full year intention.

Connection

Craft

Growth