

Year in Review - How to look back to look forward

Use your diary as data

Recency bias can affect the quality of reflection. Look back at your diary to remember all of your different experiences this year.

Describe your year in a word:



I had the most fun at work when...



What surprised me about this year was...



A new connection I've been inspired by was...



Strengths

When have I been at my best?
Who am I sharing my strengths with?



How could I use my strengths more next year?

Values

What's one moment I felt proud of?
When was one time when life felt tough and what did I learn?



What does living one of my values more next year look like?

Confidence

When have my confidence gremlins come out to play?
What's one example of when I've caged a confidence gremlin?



One way I'll continue to build my self-belief next year is...

Networks

Who have I been learning from over the last 12 months?
What networks have I neglected?



What do I want to learn from my network next year?

Possibilities

How do I feel about career opportunities after the last year?
What curious career conversations have I had?



Which of my transferable talents do I want to make stronger?

What is 1 work thing on my looking forward to list next year?



What is 1 'home' thing on my looking forward to list next year?

