

12-Month based Year Review

Worksheet

A year is a quite large concept.

A year divided into twelve months can on the other hand create a rather straightforward view.

Twelve areas, or topics, twelve 'head lines' that depict your year.

When experiencing your year and each month from 'the inside' while you're in it, it might be challenging to make sense of what's happening in a more general sense. Looking at each month in hindsight however, with perspective and seeing how the months build on each other, can offer an overview that makes you see the patterns, and acknowledge the development that you without a doubt have gone through during the year.

Use these questions as a basis for your key take aways for each month:

What was the 'big thing' this month?

What was the one thing on your mind?

What was this month focus time wise?

How did the month bring you forward?

Write it down spontaneously for each month, then take a break, move about for a couple minutes.

Then go back and relook at your answers.

Adjust accordingly.

The head line for my 2024 month of ...

JANUARY was...

FEBRUARY was...

MARCH was...

APRIL was...

MAY was...

JUNE was...

JULY was...

AUGUST was...

SEPTEMBER was...

OCTOBER was...

NOVEMBER was...

DECEMBER was...

WHERE DOES THAT BRING ME FOR THE FULL YEAR?

Which summary comes to mind when you observe your 12 months?

Want to dive deeper?

Need an accountability partner?

Want to craft bold steps forward?

Let me know.

You've got the power but you're not alone 🌟

HELENA RADESON

LEADERSHIP COACH, TRAINER, ADVISOR

+41 79 284 25 31 | hallo@helenaradeson.com | www.helenaradeson.com

