

Year in Review & Next Board

Look back first, then make new wishes. Give yourself an hour, put your phone on Do Not Disturb and keep your old board next to you.

LOOK BACK AT YOUR OLD BOARD

GIVE EVERY WISH A MARK

✓ **came true** it happened the way you hoped

✗ **let go** you don't want it anymore

≈ **came true differently** it happened, in a different form

→ **carry over** you still want it; it goes on the new board

Wish from my old board	✓	≈	✗	→
1	☐	☐	☐	☐
2	☐	☐	☐	☐
3	☐	☐	☐	☐
4	☐	☐	☐	☐
5	☐	☐	☐	☐
6	☐	☐	☐	☐
7	☐	☐	☐	☐
8	☐	☐	☐	☐
9	☐	☐	☐	☐
10	☐	☐	☐	☐
11	☐	☐	☐	☐
12	☐	☐	☐	☐
13	☐	☐	☐	☐
14	☐	☐	☐	☐
15	☐	☐	☐	☐
16	☐	☐	☐	☐
17	☐	☐	☐	☐
18	☐	☐	☐	☐
19	☐	☐	☐	☐
20	☐	☐	☐	☐

_____ of _____ wishes came true (✓ and ≈ both count)

Don't expect everything to come true. For Marina, who makes VISIYA, it's about half.

EIGHT YEAR-IN-REVIEW QUESTIONS

1 What came true that I'd almost forgotten I wished for?

2 What came true, just not the way I pictured it?

3 What did I stop wanting, and why?

4 What surprised me?

5 What gave me energy?

6 What drained me?

7 What did I do that I never planned to?

8 How do I want to feel more often next year?

Your next board

My motto: _____

a word, a color, a song or a short sentence (Tip: your answer to question 8)

THREE TO SIX AREAS, THREE WISHES EACH AT MOST

Area: _____

Wish *Get back to yoga* _____

First step *Book a trial class at the studio down the street* _____

If..., then... *If it's Tuesday and I'm home from work, then I roll out my mat before I do anything else.* _____

Wish _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Area: _____

Wish (something you'll do, not something you'll stop) _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Area: _____

Wish (something you'll do, not something you'll stop) _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Area: _____

Wish (something you'll do, not something you'll stop) _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Area: _____

Wish (something you'll do, not something you'll stop) _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Area: _____

Wish (something you'll do, not something you'll stop) _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

Wish _____

First step _____

If..., then... _____

☐ **Carried over a third, tops.** Anything that sat untouched on two boards, I cross off or rewrite.

One small wish for this week: _____

My next review: _____ (birthday or Dec 31)