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Annual Life Review

FRAMEWORK: 3 Expressions, 9 Questions

Guidance | Understand the 3 Expressions



This template explores things we should **STOP**, **START** or **CONTINUE** based on a review of the previous year. The graphic below describes what each expression signifies.

STOP



- Things I clearly did wrong
- Caused obvious problems to me
- Did not yield expected value

START



- Things I never really tried
- I saw others do them successfully
- I never knew about them to start with

CONTINUE



- Things that showed promise
- Seemed to work but needs to scale
- Known to work but needs refinement

Enquiry | Explore the 3 Expressions



Take some time to reflect on what you need to **START**, **STOP** or **CONTINUE**.

To be effective in your *reflection*, you may need to do some take explore the respective areas as follows.

"Insanity is doing the same thing over and over again but expecting different results." – **Rita Mae Brown**

STOP

- **Reflection:** outline your top *failed* ventures
- **Termination:** decide you are going to stop/pause them
- **Disconnection:** remove emotions, face a new future

START

- **Reflection:** outline your top *five* ventures
- **Research:** find out what is going on in your field
- **Competitor Analysis:** copy what is good from others

CONTINUE

- **Reflection:** outline your top *promising* ventures
- **Refinement:** decide how you will do them better
- **Scaling:** determine whether you need to do them more

Enquiry | Ask the 9 Questions



Use the following questions to isolate things you need to **STOP**, **START** or **CONTINUE**.

STOP

- What obviously **wrong** things did I do?
- What right things did I do in a **wrong way**?
- What right things did I do at the **wrong time**?

Examples

Breaking the *law* or breaching your *values*

Making *money* by telling lies

Getting *pregnant* as a minor

START

- What is working for **others**?
- What is **known to work** as a matter of course?
- What am I receiving **guidance** about?

Examples

Resilient diligence in profitable work

Consistent *marketing* is known to work

A persistent *impression* on your heart

CONTINUE

- What yielded **some result** last year?
- What is **known to work** as a matter of course?
- What has potential but has not reached **harvest**?

Examples

A study method that improved your scores

Saving and investing money

A growing business you started last year

Action | Write Your Action Points



Make a note of **THREE** things each you will **STOP**, **START** or **CONTINUE** doing this year.

Predict your possible outcomes by the end of the year.

"Everybody knows it takes a while to grow. But desirable change doesn't happen simply because time has elapsed." – **Kenneth Igiri**

STOP

- 1.
- 2.
- 3.

START

- 1.
- 2.
- 3.

CONTINUE

- 1.
- 2.
- 3.

Outcomes

-
-
-

Action | Write Additional Thoughts



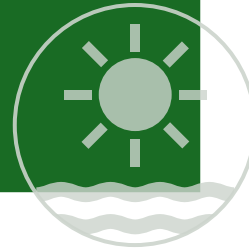
1.
2.
3.

STOP



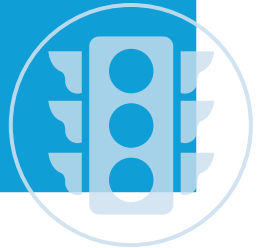
1.
2.
3.

START



1.
2.
3.

CONTINUE



**Anticipated
Outcomes**



•
•
•

"Everybody knows it takes a while to grow. But desirable change doesn't happen simply because time has elapsed." –

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Thank You

