

2022. A YEAR IN REVIEW

HEALTH &



2022

As we close out 2021 and step into the new year of 2022, it's a great time to reflect on what an incredible year it has been.

2020 was filled with moments that took us all by surprise; from discovering new ways of connecting through digital platforms, to hefty discussions around racial justice and police reform.

It's important to take some time out for ourselves to step back from our lives, review our successes and victories as well as using our mistakes or barriers as an opportunity for learning and personal growth.

As we look back on these accomplishments, there is much reason to celebrate how far we have come over this past year – and for some inspiration for our upcoming journey in 2023.

So for a few moments, let's pause and take a look at 2022 as whole –

How can we best learn from our successes and failures of 2022?

Taking stock of how far we have come over the past 12 months can be a powerful tool for personal motivation in setting meaningful goals for the upcoming months ahead --

Which is why today I want to share with you my **2022 A Year in Review Workbook** containing guidelines and suggestions for goal setting moving into 2023!

Lebbie Liuncan

NAME YOUR PROUDEST 5 ACHIEVEMENTS THIS YEAR

This could be something big, small or anywhere in between. What are you most proud of?

1.

2.

3.

4.

5.





LIST 5 CHALLENGES YOU OVERCAME THIS YEAR

What was hard? What are you proud of overcoming, dealing or getting to grips with?

1.	
2.	
3.	
4.	
5.	



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What Did You Learn? Think about skills, knowledge, techniques, useful facts, lessons learned etc.				
What Did You Learn about Yourself? These could include (but are not limited to!) your strengths, weaknesses, talents, positive or limiting beliefs, desires, values, hopes, fears, etc.				
What New or Existing Relationships Did You Develop?				
Who did you grow your relationship with? This could be personal or in business.				
What Did You Create or Dring into the World this Year?				
What Did You Create or Bring into the World this Year? Think broadly - it could be anything at all that has your unique stamp on it				

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

	Ralph Waldo Emerson
How Specifically Did You Make a Difference in the World this Yea	r?
Big or small, how did you help others/your community/the world family, wider community, friends, colleagues - even strangers!	d? It could be in your
Where Did I Have the Most Fun? What did you enjoy most this year? Take a moment to really feel in	to this question.
If You Were to Write a Newspaper Headline that Summarized the What Would it Say?	Year for You,



""Always believe in yourself and always stretch yourself beyond your limits. Your life is worth a lot more than you think because you are capable of accomplishing more than you know. You have more potential than you think, but you will never know your full potential unless you keep challenging yourself and pushing beyond your own self imposed limits."

Roy T. Bennettt

Review And Take A Moment To Absorb Your Achievements

Now it's time to review your responses and absorb how it feels. Consider:

- How do you feel as you look over your lists? What are the highlights?
- What themes and patterns do you notice?
- If there was one thing that stood out, what are you most proud of this year?

Circle it!





NOW, IT'S TIME FOR THE PART WE USUALLY SKIP OVER...

You've answered and reviewed the questions, now take a deep breath and really feel and celebrate all that you already are - and are becoming.

Enjoy what you feel and absorb it. Stay here for 30 seconds, 60 seconds, two minutes.

- Relax and stay a while longer proud of yourself, your achievements, what you learned and how you grew. Recognize yourself. See who you are and what you achieved this year!
- What are you saying to yourself right now that you would like to remember and hold onto?

Celebrate!

To wrap up this exercise, consider what reward or treat would remind you that you worked hard, learned and grew as a person.

What could you do that would anchor the feeling of gratitude and pride in yourself and all you achieved? Examples could include taking the day off to do something creative, buying a print, painting, scarf, tie or jewelry you admire. It could also be something small and symbolic eg. a small lion carving, an eagle fridge magnet, a chunk of amethyst, a special keyring etc.

TIP: It's good if it's something beautiful you will see often. This isn't about materialism, but rewarding and celebrating you. Choose something that creates an anchor to remind you of this year, something special that recognizes all your efforts.

""You are never given a dream without also being given the power to make it true.

You may have to work for it, however."

— Richard Bach