

## 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 an example of when I've caged a 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?

