



2020

Last Year's Reflections

Dedicate 30 minutes for yourself in a cozy and quiet room, with a printed copy of this checklist and a pen. If it doesn't distract you, put some background music on. Let's reflect on the previous year with these 20 questions and be even happier, more efficient, and effective in the coming 2020th year. Enjoy the process!

1) The happiest moment of 2019:

2) The biggest achievement of 2019:

3) 3 people who changed my 2019:

4) A tough, but right decision of 2019:

5) Did not achieve in 2019, therefore want to accomplish in 2020:

6) I'm the most proud of:

7) The best purchase of 2019:

8) The discovery of 2019:

9) 3 top skills learnt:

10) Top 3 books/podcasts/movies of 2019:



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11) Your main mental state throughout 2019:

12) The main lesson of 2019:

13) 3 things you wish you paid more attention to:

14) The best presents of 2019 (not only physical):

15) Things you would've done differently:

16) I'm the most grateful for:

17) The best advice of 2019:

18) The best places you've been to in 2019:

19) The main conclusion of 2019:

20) Advice to yourself in 2020:
