

# A YEAR END MINDFUL REVIEW

DATE

YEAR REVIEWED

## EVALUATION CATEGORIES

- Spiritual Relationship & Growth
- Spouse/Significant Other
- Family & Friends
- Personal Growth
- Health
- Career (in the home or out of the home)
- Fun & Recreation

## OVERVIEW

Rate your satisfaction with each area above on a scale of one to ten. One indicating not satisfied and ten very satisfied. Do this both for the beginning of the year and the end of the year. Try to avoid too many "middle" numbers (4,5,6,7) as they are average scores. Nudge the number one way or the other to get a clearer view.

## START OF YEAR

- Spiritual Relationship & Growth
- Spouse/Significant Other
- Family & Friends
- Personal Growth
- Health
- Career (in the home or out of the home)
- Fun & Recreation

## END OF YEAR

Comparing the beginning of the year with the end of the year, in which areas did you progress and in which areas did you decline, and why?

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Which **one area** do you want to focus on improving in the coming year?

## YEAR END REVIEW ANALYSIS

Now that you have an overview, answer the following questions considering all of the categories as a whole, not separately.

### SUCCESSSES

What are three of your biggest accomplishments in the past year?

Which new things in your life are you proud of?

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What are three lessons you learned this past year?

List any new skills or strengths you learned this past year

## FAILURES

What do you consider your biggest failures this past year?

How did you grow personally from what you learned from your failures?

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List anything you feel is unfinished

If you could change anything from the past year, what would it be?

## IN DEPTH ANALYSIS

If you want to go deeper, working through the following questions for each category will yield many more insights helping you gain a fuller perspective.

### SPIRITUAL RELATIONSHIP & GROWTH

List three things that stimulated your spiritual growth & three things that stunted your spiritual growth in the past year.

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What new things did you learn this past year about God?

What is your attitude towards God's Word- Does it refresh your soul?  
Do you eagerly study it?

Are you more sensitive to sin, repenting and confessing quickly?

Are you more focused on pleasing God or pleasing people? Why?

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## SPOUSE/SIGNIFICANT OTHER

In the past year, which areas of your relationship have improved?  
Declined?

How has the past year affected your ability to mesh your individual  
relationships with God as a couple? What needs improvement?

During the past year, did any new area of conflict arise? What is your  
plan for resolution?

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## FAMILY & FRIENDS

For both family & friends, list which relationships flourished in the past year & why. \*Keep the friends category to close friendships.

For both family & friends list the relationships you feel were neglected over the past year and why.

Choose one family relationship & one friendship that you will invest more time in developing in the coming year.

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## PERSONAL GROWTH

Consider any personal goals you set for yourself in the past year. List the goals you achieved, unmet goals & any goals you removed during the year.

Which goals are you most pleased having achieved. Why?

Look over the list of unmet goals & goals removed during the year. Determine which goals you will continue to work on in the coming year.

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## PERSONAL GROWTH

Are there any areas that you haven't worked on that you would like to work on?

## HEALTH

What achievements towards improved well-being are you most pleased with accomplishing this past year? This would include healthy eating, exercise, self-care, emotional & mental well-being.

Which **one area** do you feel needs improvement?

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## CAREER-IN THE HOME OR OUTSIDE THE HOME

List three of your most positive achievements this year in your profession or in the management of your home & family.

Which three areas do you feel should be improved in the coming year?

List **one thing** you can do in your profession or in the management of your home & family to redeem your time for God's Kingdom.

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## FUN & RECREATION

Did you allow enough space for activities you enjoy & times of relaxation in the past year?

What was your biggest obstacle in achieving a balance of work, responsibilities & recreation?

List any activities or opportunities for recreation you would like to include in the coming year.

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