

2017 Reflections  
and  
Life Assessment



Bless This Wild Mess

# Why Reflect?

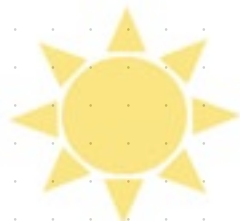
If your 2017 was anything like mine, you might just want to forget that it ever happened. Although it would undoubtedly be easier to forget, we don't learn anything by forgetting. Instead, we can look back on the year and see the ways that we have grown, the things we have learned, and the spaces in which we have yet to grow.

Before we begin, take a moment to still yourself and silence those inner critics. Open yourself up to the process of reflection and assessment. It's okay to feel self-conscious, emotional (happy, sad, angry, etc.), or even silly as you go through this process. Just keep going!

Now, grab this handout, your journal/planner/bujo/notebook, and your favorite writing tools.

Ready?

**OKAY. LET'S BEGIN.**



This workbook belongs to the

**FASCINATING**, beautiful,  
**MAGICAL**, amazing

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Believe in yourself  
and you will be  
unstoppable.

# Braind

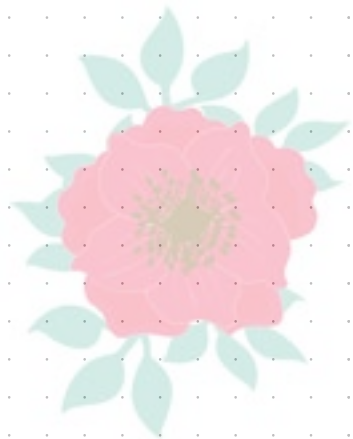
Let's start this process out with a braind

Write down everything that comes to  
ridiculous. Just dump it all out here on  
organized. We can sort it all out later.

# lump

lump.

mind when you think of 2017: the happy, the sad, the  
the page. Don't worry about order or lines or being



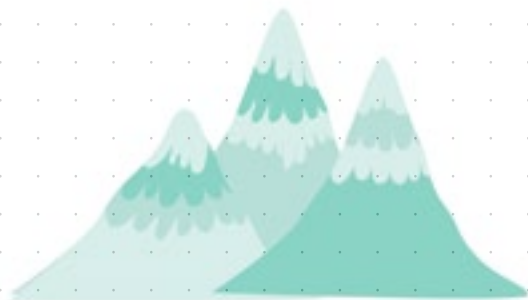
# ROAD MAP

Now, let's look back on 2017 and moments? The pivot points that

You can do this however you like.

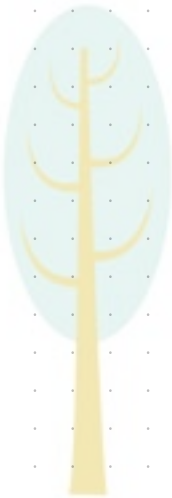
map out what happened this year. What were the meaningful  
changed everything?

Usually, I go from month to month, but you do you. Map it out:



# Letting Go

Now that you've dumped it all out and started to sort it as a map, let's take this time to let go of the things that happened in 2017 that were hurtful. Where are the spots that still hurt? The events that bind you? What do you need to write out, to rant about, and to let go of in order to be free in 2018?





Remember, these things are in the past.

You choose how much you let them  
define you.

# LET'S CELEBRATE 2017.

What were your wins?  
Your successes?  
The moments of joy that  
made the year meaningful?

Celebrate

Don't forget to celebrate the little things.

You're amazing.

Celebrate yourself.

In 2017, I...

came to know myself better because...

was transformed by...

let go of...

experienced joy because...

In 2017, even though it was  
difficult, I learned from the  
experiences of...

2017 led me to...

I am proud that in 2017, I...

# Closing Ceremony

Every new year is a transition. In many world religions and spiritual systems, transitions are considered sacred ground. As you prepare to move on from 2017 and into 2018, it is important to recognize the transition and move through it intentionally so that you are best prepared to move forward.

Consider: What kind of ceremony will work for you?

It could be as simple as reading a new mantra or list of goals by yourself on NYE or having a reflective party with friends.

It could be spiritual, religious, fun, serious, silly, personal, communal, whatever works for you.

ceremony ideas and brainstorming:

Use this space to write about your closing ceremony:



# LOOKING FORWARD...

"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

-Socrates



When you think about 2018, what are you expecting?

How will it be different?

How will it be the same?

What are you most anxious about in 2018?

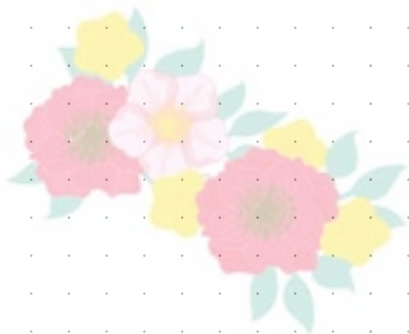
What are you most excited about in 2018?

TIME FOR ANOTHER

Braindun

mp

WHAT DO YOU WANT TO  
SEE, EXPERIENCE, AND  
DO IN 2018?



# Let's talk about

Did you know that 92% of New Year Resolutions fail by January 1st? If you're like me, then you probably have several years' worth of resolutions that you never achieved. Yet, there are things we can do to make ourselves more likely to accomplish our goals. I'm going to list four things that multiple goal workbooks and self-help books seem to agree on as important—and which have been important in my own life.

- 1) The first thing you can do to make your goals happen is to WRITE THEM DOWN! Did you know only 3-4% of people write down their goals? This seems like an obvious step. If you're like me, then if you don't write them down, you'll forget what it was you wanted. Our lives are busy and at the end of the day, it's much easier to sit in front of the TV and binge Netflix than to remember that goal I made to learn a new language, read a book, or write a dissertation. What about you?
- 2) Something I always try to do is write down my motivation. Why do I want to achieve this goal? What impact will it have on my life? It's easy to set down a goal that is arbitrary. A goal that is necessary to get where I want to go in life—now that's a different story!
- 3) The next thing that is important is to review goals regularly. According to my homegirl, Leonie Dawson, only 1% of people actually review goals that they've written down. How are we supposed to accomplish anything unless we review them? I try to review my goals at least once a,

# t GOALS!

month, but some people say we should review them every day. Whatever you do—just remember that you can't achieve something you're not focusing on.

4) Lastly, and perhaps most importantly, to achieve anything we need a support system. For me, it's not just about accountability, but community. By sharing our goals with a small group or even just one close friend, we increase the likelihood that we will accomplish those goals. Sure, part of it might be the shame of admitting that I failed (like when I totally bombed nadisswrimo and had to admit that as the founder of the group I had accomplished the least) but there's also the joy of having someone to celebrate with and someone to commiserate with when things don't work out the way we planned. I definitely recommend having an accountability/support group. It's one of the best life and adulting tools you'll ever have.

So, to review: The best way to achieve your goals is to

1. Write them down
2. Consider your motivation and record it
3. Review your goals regularly
4. Have an accountability and support system

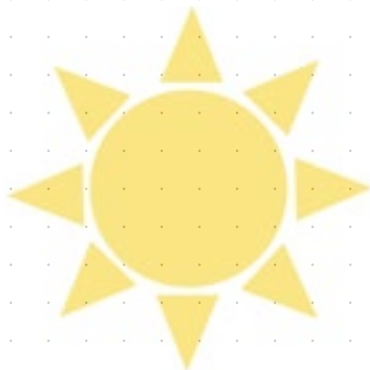
# Level 10 Life

So, now that we have thought about where we see 2018 going and the importance of goals, let's talk about focusing our goals to meet our life. While yes, it's super cool to make a goal of learning Italian for absolutely no reason (Eat, Pray, Love anyone?), it's more useful and honestly just more productive to take the time to consider how your goals fit in with your life.

To do this, we're going to do the Level 10 Life assessment, based on *Miracle Morning* by Hal Elrod.

Some of you may have done this or something similar before. In doing the Level 10 Life assessment, we will be looking at ten areas of our life:

1. Family and Friends
2. Personal Development
3. Spirituality
4. Finances
5. Career
6. Relationships
7. Fun and Recreation
8. Giving and Contribution,
9. Physical Environment
10. Health and Fitness



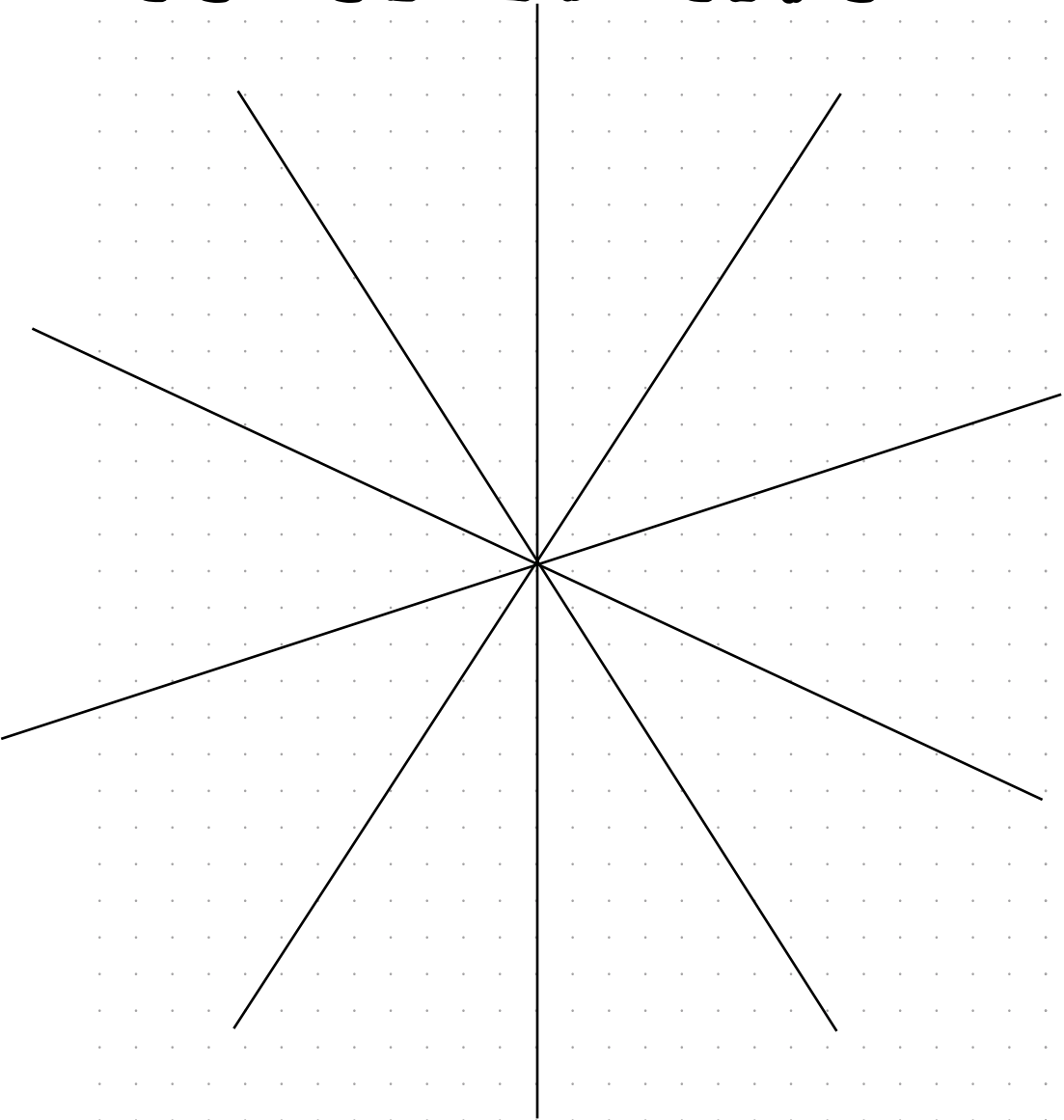
Before we begin, let's just take a moment to close our eyes and focus. Breath in and out. Deep breaths. Stretch your neck back and forth. Feel relaxed? Okay. Grab some colored pencils, markers, or whatever coloring tools you prefer and let's go.



If you want  
to live a  
happy life,  
tie it to a  
goal.

- Albert Einstein

# LEVEL 10 LIFE



# ASSESSMENT

The diagram to the left is called the wheel of life.

During this assessment, you will make a quick, gut-feeling evaluation of your satisfaction in each of the ten areas of life.

Don't take a lot of time on this section and be as honest as you can. There's no shame in being at a 10 or at a 1. The only shame is in not either celebrating that 10 or trying to improve that 1. We're all here to grow.

- |                         |                             |
|-------------------------|-----------------------------|
| 1. Family and Friends   | 6. Relationships            |
| 2. Personal Development | 7. Fun and Recreation       |
| 3. Spirituality         | 8. Giving and Contribution, |
| 4. Finances             | 9. Physical Environment     |
| 5. Career               | 10. Health and Fitness      |

Wow! Are you surprised about how your assessment went? What is your gut reaction about what this says about where you are and what you need to work on?

From here, we move to the  
goals print out.

Feel free to take a break  
between the two booklets!



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