A scenic landscape featuring a large body of water in the foreground, surrounded by trees with vibrant autumn foliage in shades of orange, yellow, and green. In the background, majestic mountains with patches of snow rise against a sky filled with large, billowing clouds. The overall color palette is dominated by blues, oranges, and greens, creating a serene and inspiring atmosphere.

YOUR PERSONAL ANNUAL REVIEW

A GUIDE BY SUZANNE WYLDE

WELCOME!

I'm Suzanne, a coach and author specialising in self-development. My passion is using my very varied background (traditional Chinese medicine, energy work, stretching, holistic coaching and leadership coaching) and 20 years of experience, to create and teach simple methods of wellness and self-improvement for people who would like to feel more like themselves and have fulfilling lives.

In this guide I will take you through the process of doing your own Personal Annual Review. This can be a wonderful practice that helps you to find clarity and meaning as the year draws to a close, and to begin the new year with a lighter step.

If you enjoy this guide and would like to share it with a colleague or friend, please share this link with them so they can get their very own copy (rather than sending your copy with them): <https://bit.ly/3H5c5gZ>.

If you enjoyed this guide, you may also enjoy being on my mailing list which has access to exclusive content and offers and you can sign up [to that here](#).

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What is A Personal Annual Review?

AN PERSONAL ANNUAL REVIEW

is an

opportunity to reflect on the year coming to an end in the light of our own personal experiences. You'll look at your successes, challenges, what you've learned and how you've grown, as well as your hopes for the future.

While people may conduct personal reviews in slightly different ways depending on the types of goals they are interested in (i.e. fitness, career, relationship goals and more), we are going to focus on self-development. Because this can touch on every aspect of our lives you'll get a holistic and integrated view of how you've been in the past year.

A review like this isn't an opportunity to critically judge ourselves, but rather to take the time to acknowledge how far we've come. We all have a deep-seated need for ritual and rites of passage to mark the milestones in our lives. This is healthy and helpful to us psychologically, however, for many of us this is not a side of life we experience very often. Luckily we can intentionally bring more ceremony into our lives, for example, by conducting a Personal Annual Review. Taking a moment to bear witness to ourselves and our life journey can be very healing and insightful.

How to Do Your Personal Annual Review

THE BEST WAY TO DO YOUR REVIEW

is to take

your time, be compassionate to yourself and remember that this is not about comparison or self-criticism, but strengthening your relationship with yourself. All good relationships are built on trust so do try to create a feeling of safety for yourself.

A Personal Annual Review is just that – personal – so yours may be very different to someone else's. It may even end up being very different to how you think it's going to go. Try to keep an open mind, as we all tend to have some preconceptions about what is important or whether we *should* have found something hard rather than considering whether or not we actually *did*. Of course, we're looking at the reality of us and our year - not an ideal, so be as open and honest as you can.

For your convenience I've included printable sheets for the exercises at the end of this guide. You may want to keep them in a safe place so that you can return to them in subsequent years and compare your results. If you do that, I recommend not looking at past years' sheets until you have finished the ones for your current year (so you're not biased when answering).

Take your time. It is better to come back to an exercise later than to rush through it not thinking clearly. Try to be in a quiet and private space if possible, or if that's not possible listening to music or wearing noise cancelling headphones might help.

Ideally you'll work through this guide all in one go so that you can stay in the right headspace and get the most out of it.

EXERCISE 1: CHALLENGES OF THE YEAR

STARTING WITH YOUR CHALLENGES

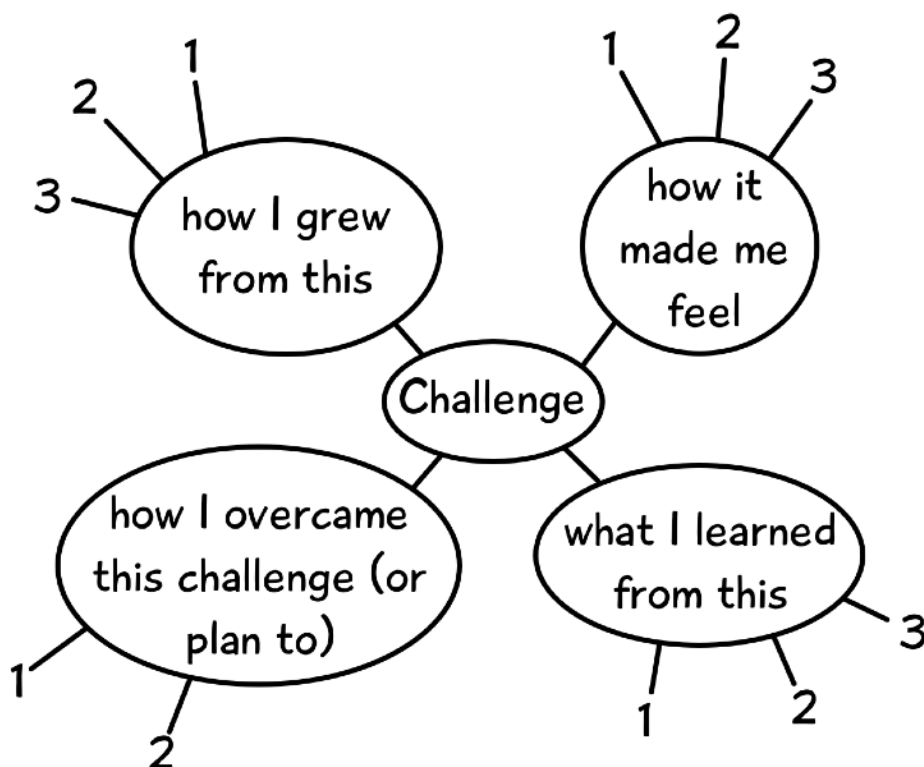
is a great

way to get the difficult things you've experienced off your chest, leaving you feeling lighter and more open to exploring the rest.

If you like lists, you can do this whole exercise in one table. Write columns on your page with the titles below and give each challenge its own row:

Challenge	How it made me feel	What I learned about myself as a result	How I overcame this challenge, or would like to in the future	How I grew from this experience

Or if you'd rather get a bit messy with it, you could a diagram for each challenge like this (feel free to write different numbers of answers for each, this is just an example):



Before you start, take a deep breath and relax, letting yourself settle. Remembering these challenges might feel upsetting, but bear in mind that when we go through hard times we usually come out the other side having learned something or grown in some way. If a challenge is too triggering to work with right now, set it to one side - you can always come back to it when you are ready.

When we do an exercise like this it is easy to get caught up in a story about a challenge and getting very involved with it. As much as possible we want to be honest about how we experienced it, while also having as clear a perspective as possible.

Also, I recommend that after you have done the first step, you complete all of the steps for one challenge before moving on to the next one. This will help you stay connected to your experience of that challenge.

OK, let's begin!

- a) With an open mind write down all the challenges you experienced in the past year that feel significant to you. If they are small but they impacted you emotionally, include them. Write all of them down in the first column, or if you're drawing a diagram then on a larger area spread each one out so you can draw a diagram around it.
- b) Now it's time to write how each challenge made you feel. It's best to consider one challenge at a time, so you can recall the emotions you felt clearly. Just write them down in your table or diagram without judgement.

- c) Now consider what you learned about yourself from this challenge. This might include realising that there are certain things you like, need, aspire to, or that fit in well or badly with your values. They may feel more positive (I realise I am a kind person) or negative (I learned I don't like selfish people) - just write whatever comes to mind.
- d) If you managed to overcome the challenge, describe how you did this, or if you have not yet managed to do so, write how you would like to overcome it.
- e) Now say how you grew from the experience. It may be in a practical sense (I learned a new plumbing skill) or in a personal sense (I now know how important X value is to me and I'm ready to prioritise it).

I love doing this exercise with clients for several reasons:

1. It helps to get us out of "victim" mode. Above I mentioned that it's easy to get drawn back into the story and this is often one where someone has done something bad to us and we suffered, and we feel sorry for ourselves. Although this might all be completely true - it's not very healthy for us in the long-term. We can stay in this place mentally for a long time, without shifting our focus and energy to something that would make our lives better. So breaking free of this attitude, can help us move forward.
2. It often brings new insights. Most of us assume we know how we feel about something simply because we've lived through it. But actually taking the time to stop and reflect on something

from different perspectives can give us a deeper awareness of ourselves and how experiences shape us.

3. It's human nature to assume that bad things are bad, even though we've heard plenty of proverbs telling us they're good for us (like eating our greens - healthy but not that fun at the time). And if we're annoyed something difficult has happened to us it can be especially hard to admit there may be a good side to it too. We can't become more resilient while living in a world of feathers and marshmallows and we can't be tempered in a life without fire. My clients often feel empowered and proud when they reflect on how they've grown as a result.
4. Writing how you overcame the challenge can also help to give you closure. But this can be true even if you haven't moved past it completely yet, because writing down how you plan on dealing with it will often make you feel calmer and more in control.
5. Working through each challenge sequentially like this really helps people to see it as a distinct event that's in proportion. Sometimes bad things feel like they are overshadowing our whole life, eclipsing all goodness and possibility. Seeing it as one part of your life, a part you've responded to and grown from, can put it in its proper place as well as help you to put it behind you.

Did you learn something new from doing this exercise?

OK, now we've got a lot of the tough stuff out of the way, we should be able to move on with the rest of the review with a lighter step.

EXERCISE 2: THE HIGHLIGHTS AND GIFTS

LOOKING AT THE HIGH POINTS

is a wonderful way to celebrate all the good that came into your life in the past year.

If you've had a very difficult year (perhaps you experienced loss, illness, or loneliness for example), this may feel triggering just to contemplate. Maybe you don't feel that the world was very kind to you.

But it's really important to remember that we're not only considering huge positives, comparing our lives to other peoples', or thinking about what we didn't get or thought we should get.

In this exercise we'll focus on the highlights that come to mind just because they had a positive impact on you. It could be a quiet cup of coffee in the sun one morning, a stranger smiling, a cat saying hello, or bigger things like a new friend or opportunity - anything that made you feel positive.

It's really important you don't use this exercise as an opportunity to feel sorry for yourself. Always be self-compassionate, but really make yourself focus on the positives here.

End of preview

I hope you enjoyed this short preview.

For the rest of this guide (including 4 more exercises, more great information and the printable worksheets) please purchase your [full guide here](#).

I also have other guides and resources available [on my website](#) and [several books](#), which all focus on different aspects of self-development for adults and kids.

I hope you get a lot of value out of my work!!

ABOUT

SUZANNE

WYLDE

Suzanne is a coach with a passion for self-development and an author of several adults books and one for children. She coaches clients who want to live full and genuine lives and leaders who are making a difference in the world.

She lives in London and enjoys going on walks to woods, cafes and bookshops.



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