



2019

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 the goal to be even happier, more efficient, and effective in the coming 2019th year. Enjoy the process!

- The happiest moment of 2018:

- The biggest achievement of 2018:

- 3 people who changed my 2018:

- A tough, but right decision of 2018:

- Did not achieve in 2018, therefore want to accomplish in 2019:

- I'm the most proud of:

- The best purchase of 2018:

- The discovery of 2018:

- 3 top skills learnt:

- Top 3 books/podcasts/movies of 2018:
