

Annual Review

Workbook

A guided workbook for reflection,
awareness, and intentional growth.

SELF-GROWTH JOURNEY

Annual Review

This section is designed to help you pause periodically and reconnect with the direction of your life with greater awareness and intention.

Included here are both Quarterly Check-Ins and a more in-depth Annual Review.

Together, they create space to reflect on what has changed, what has supported you, what may no longer feel aligned, and how your experiences continue to shape your growth over time.

These reviews are not meant to measure perfection or constant progress. They are simply opportunities to step back from the rhythm of everyday life and look more honestly at where you are, what you've learned, what feels meaningful, and where you may want to move next.

Some reflections may feel clear and grounding. Others may feel uncertain, unfinished, emotional, or difficult to fully understand. That's completely okay.

Growth rarely happens in a perfectly straight line.

There will be seasons where things feel focused and aligned, and seasons where you need to pause, recalibrate, rethink, or begin again more gently.

As you move through these pages, try to approach yourself with honesty, curiosity, and compassion rather than pressure or self-criticism.

Sometimes even small moments of reflection can help you move forward with greater clarity and intention.

Take what feels helpful.
Leave space for uncertainty.
Return to anything that feels important.

This process is not about judging your worth based on productivity, achievement, or consistency.

It's about staying connected to yourself and your direction over time.



Pausing To Reconnect With Your Direction

Every few months, it helps to step back from the rhythm of daily life and ask a simple question:

Am I still moving toward what matters most to me?

This check-in is designed to help you reconnect your everyday actions with the direction you shaped earlier in this journey. It also creates space to notice what may have shifted:

- your priorities
- your goals
- your habits
- your values
- your sense of direction

Rather than starting over, this section is an opportunity to reflect on what is working well, what may need adjustment, and what deserves greater attention moving forward.

This section includes a Quarterly Check-In to help you realign and recalibrate your direction throughout the year, along with a full Annual Review to reflect on your growth, experiences, and overall evolution over time.

These pages are intended as reusable templates. You are encouraged to print additional copies and revisit them each quarter as your life, priorities, and direction continue to evolve.



Quarterly Check-In

QUARTERLY REVIEW

Quarterly Check-In

YEAR: Quarter

My goals for this year were

Goal	On Track / Adjusted / Paused / Complete
1.
2.
3.

This Quarter's Progress

What meaningful progress happened this quarter?

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What felt difficult or got stuck?

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What surprised me about this quarter?

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Values Check *(Look at the values you set for this year)*

Value	How present was this value (1-5)
1.
2.
3.

Which value showed up the most? How?

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Which value needs more attention? Why?

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QUARTERLY REVIEW

Quarterly Alignment

YEAR: _____ Quarter _____

Strengths check. Where did I use my strengths well this quarter?

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Strengths check. Where did I feel I was working against my strengths?

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Beliefs check. Did any limiting beliefs show up this quarter? How did I respond?

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Growth check. What did I learn or develop this quarter?

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Quarterly Recalibration

Does my mission still feels true?

- Yes, still feels like the right direction
- Mostly, but something has shifted
- I'd like to revisit it

If something has shifted, what feels different?

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Is there any part of Discovery I want to revisit?

- My values** - they may have shifted
- My beliefs** - something new has surfaced
- My strengths** - I am noticing new ones

- My skills** - I have acquired new ones
- My time** - how I spend it has changed
- Not right now** - things feel steady

What I want to prioritize going forward:

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What I want to let go or reduce:

.....

What I want to pay more attention to:

.....



QUARTERLY REVIEW

This Quarter's Score Card

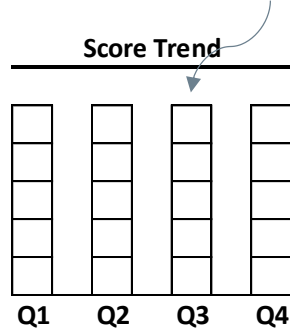
YEAR: Quarter

- Was I generally disciplined and consistent across the board?
- Was I productive across the board?
- Was I connected and engaged with the people I love?
- Have I taken care of my physical health?
- Did I maintain low levels of stress?
- Have I made people around me happy?
- How positive was this quarter overall?

1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
1	2	3	4	5	
AVERAGE GRADE					

How Do I Feel Relative to My Life's Areas

	Lacking			Neutral			Exceeding		
Physical									
Emotional									
Mental									
Spiritual									



(transfer the score each quarter for a trend)

Best Memories From This Quarter

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What Am I Most Grateful For?

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Reflections and Notes

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ANNUAL REVIEW

YEAR:

Annual Goal Status

	Date	0%	100%
Goal #1	<input type="checkbox"/>	<input type="checkbox"/>
Goal #2	<input type="checkbox"/>	<input type="checkbox"/>
Goal #3	<input type="checkbox"/>	<input type="checkbox"/>

Big Wins This Year

-
-
-

Life Area

-
-
-

Challenges I Encountered This Year

-
-
-

Life Area

-
-
-

Skills I Acquired or Improved This Year

-
-
-

Current Level

-
-
-

Relationships I've Nurtured This Year

-
-
-

Grade 1-5

1	2	3	4	5
1	2	3	4	5
1	2	3	4	5

How Have I Felt Most of the Year

1. Physically:
2. Emotionally:
3. Mentally:
4. Spiritually / Socially:

Grade 1-5

1	2	3	4	5
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1	2	3	4	5
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1	2	3	4	5
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1	2	3	4	5
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Does my mission still feels true? If not, what changed?

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ANNUAL REVIEW

YEAR: _____

Top Good Habits I Implemented	Difficulty (1-10)	Will Continue?
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

Top Bad Habits I Removed	Difficulty (1-10)	Will Continue?
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____

Areas of Vision I Progressed the Most	How Do You Feel About It?
1. _____	_____
2. _____	_____
3. _____	_____

Revisit Your Core Values	How Present Was This Value (1-5)
1. _____	_____
2. _____	_____
3. _____	_____

Revisit Your Strengths. Where there moments this year where they showed up clearly?

Where there moments where you needed a strength you hadn't developed yet?

Revisit Your Beliefs. Did any belief shift this year, even slightly?

The roles that mattered most to me this year:

What I understand about my self now that I didn't a year ago?

Continue Your Journey

Thank you for taking the time to pause and reflect on your experiences, growth, challenges, and direction throughout these reviews.

Looking back on your life with honesty and awareness is not always easy. But even small moments of reflection can help you notice patterns, reconnect with what matters to you, and move forward with greater intention and understanding.

Some parts of these reviews may have brought clarity, encouragement, or renewed motivation. Others may still feel uncertain, unfinished, emotional, or difficult to fully process. That's completely okay.

There will be seasons of momentum and seasons of uncertainty. Moments where things feel aligned, and moments where you need to pause, adjust, rest, or begin again differently. None of that means you are failing.

What matters most is your willingness to continue returning—gently and honestly—to the life you want to build and the person you want to become over time.

These reviews are not about measuring perfection. They are simply spaces to reconnect with yourself, your experiences, your priorities, and the direction that feels meaningful to you.

Take what feels helpful.
Leave what doesn't.
Return whenever you need to.

Explore the Full Blueprint:

selfgrowthjourney.life/blueprint

Additional printable tools, planning pages, and guided growth resources are available online.

selfgrowthjourney.life