
THE GUTSY GIRL ANNUAL REVIEW 2012

Every year, about this time, I like to reflect back on the year drawing to a close, and do some intention-setting around the year ahead. I'm not exactly a fan of New Year's resolutions, but that being said, I think there is great value in spending some time consciously envisioning what lies ahead and what I want to create, experience, or embody more of as I move through my life, year by year.

So I'm sharing this with you in hopes that you'll find some value in it as well. While I do ultimately do things like set goals for myself, this process is less focused on setting concrete goals and what I want to DO with the year, and more about setting intentions and holistically envisioning how I want to BE in my life in the upcoming year.

Feel free to use some of this or all of it. And if you find value in it, or have suggestions on practices that YOU use as a year-end review, I'd sure love to hear from you! You can find me on [Facebook](#), [Twitter](#), and of course via email at kristy@kristyswan.com.

BEFORE YOU GET STARTED:

- Find a good-sized chunk of time, all by yourself, preferably someplace quiet
- Get comfortable: jammies, sweats, slippers, etc
- Grab a cup of tea (or a cocktail. Whatever.)
- Spend a few minutes with your eyes closed, getting centered and present.
- Print out the whole shebang—it'll be easier that way.
- Grab a colorful pen.
- Feel free to doodle, draw, color, use sparkles and stickers, pictures—whatever floats your boat. This is a guide, not a prescription—do with it whatever you need to in order for it to feel personal to you.
- Okay. Let's go!

REFLECTION: 2011

LET'S TAKE A LOOK BACK AT THE LAST YEAR FOR A MOMENT.

What were your big wins in 2011?

What did you let go of in 2011?

Name three of your favorite things that occurred last year.

What were some lessons that you learned? Could be big, little, or anywhere in between.

What do you know about yourself now that you learned in 2011?

What were you most grateful for in 2011?

What do you want to carry forward as you move into the next year?

Describe 2011 in 3 words:

Freestyle: What else do you want to say about 2011?

2012: THE THEME

IMAGINE, FOR A MINUTE, THAT 2012 HAS A DISTINCT THEME OR FLAVOR TO IT.

What word describes your theme for the upcoming year?

What imagery, ideas or feelings do you get when you think about this theme?

How might this theme or word help you live in the year ahead?

What are you doing already that aligns with this theme or word?

2012: VISION

IMAGINE THAT IT IS ONE YEAR FROM NOW, AND YOU ARE REFLECTING ON WHAT HAS TRANSPIRED DURING 2012. YOU'VE DONE WHAT YOU SET OUT TO DO, AND LIVED A LIFE YOU'RE PROUD OF.

What are you most satisfied with?

What are you grateful for?

How have you grown—personally, professionally, spiritually?

2012 BY THE NUMBERS

One key goal I have for myself this year:

Two key priorities I will hold for this year:

Three key feelings I want to consistently experience this year:

Four tangible ways that I can create more of those feelings in my life this year:

Five trusted friends, colleagues, or allies who I can count on for support and the occasional kick in the butt:

Six things I will do for the pure joy of it this year (big or small, frivolous or serious. Go for it!)

Random things I can leave behind, stop doing, or let fall by the wayside this year (as many as you wish):

2012: BIG IDEAS

One word: BREAKTHROUGH. What comes to mind for you in 2012?

What is your secret hope, unspoken dream, or BHAG (big hairy audacious goal) for this year?

And what's the first tangible step you can take, right now, to move you closer to that hope, dream or goal?

2012: AFFIRMATIONS

I AM THE AUTHOR OF MY OWN
STORY.

I AM THE CREATOR OF MY
EXPERIENCES.

I BELIEVE IN MY OWN POWER TO
MANIFEST MY DREAMS.

Go. Live confidently in the direction of your dreams.
Xoxoxo,
Kristy