

How to do your annual birthday review

by

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Birthday reviews are a little harder to do than the standard, annual, end-of-year reviews, but only because it's no-one else's birthday but your own, and there's no end-of-year madness to pull you along.

However, I'd almost venture to say they're even more important to do because this is a review that's completely focussed on you, to be done in your own time.

This is how I suggest you proceed. It's worked well for me in the past but feel free to tweak and pick bits that call to you too.

1. Create mental and physical space

I like to dedicate an entire evening to this practice. It won't need an entire evening but it's nice to not feel like you need to rush the process because you have other things to do.

I make a mug of tea and assemble my favourite notebook for these purposes (Piccadilly) and all my favourite pens.

2. Review the year that's just passed

Some questions you may want to ask are:

1. what went well?
2. what didn't go well?
3. what do I want to keep doing?
4. what will I stop doing?
5. what do I want for this next year?

(these questions are included on the handout below)

3. Do a version of the core desired feelings

You are aiming at answering the question, "how do I want to feel over this next year of my life?"

Think about all the categories like body, mind, spirit, relationships, work, etc.

4. If you want, ask God for a scripture to guide you

My birthday review

Date _____

what worked well for me this year?

what didn't work well?

are there any relationships I need to let go of?

what do I want to keep doing?

what do I need to stop doing?

what am I grateful for?

am I living out my word of the year? is my word still working for me? do I perhaps need to choose a new word?

how am I living out my values?

Fantastic!

Now that you've done with the reflection, it's time to look forward and be intentional about the next year of your life.

what do I want to focus on in the year ahead?

what do I want to give myself this next year?

My scripture/ theme/ guiding phrase for this next year is...

Core desired feelings

or... how do I want to feel during this next year?

(e.g. health – I want to feel full of energy and vitality, able to do a full class workout without difficulty, etc.)

family	friendship
health and fitness	finances
work	faith
home	time/ schedule
personal	hobbies/ side hustle

Lovely things I might want to do this year

(it's best to hold things very, very loosely)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____