

”

WHO YOU ARE
TOMORROW
BEGINS WITH WHAT
YOU ARE

Today.

-Tim Fargo -

*Bold
Tony*

ANNUAL

REVIEW

—
Annual review provide
accountability , but
more importantly, lay
a vision for th e year
ahead.

HOW TO FILL THIS

A beginning of the year is usually a time for reflection, gratitude, and future planning. It is the best time to think about what we have achieved and what we want for our future.

This simple template is designed to help you do just that.

You should ideally dedicate at least 40 min to fill this. The more time you have and the more relaxed you are, the better.

Remember, it all seems impossible until it's done!

Well done on being you, and good luck for the year ahead!

The last 3 pages are about your proudest achievements, the biggest challenges, and your goals for next year. HAVE FUN ☺



HEALTH & FITNESS

Did you workout regularly? Did you have a healthy diet? How was your sleep? Did you take any health supplements/ vitamins? Are you in love with your body?

WHAT WENT WELL?

WHAT DIDN'T GO SO WELL?

WORK & BUSINESS

How was your job satisfaction last year? OR If you run a business, how did it go?

WHAT WENT WELL?

WHAT DIDN'T GO SO WELL?

FRIENDSHIPS

Did you make new friends? How much time did you spend with your friends? Which friends had the biggest impact on your year? Did you get involved in any communities?

WHAT WENT WELL?

WHAT DIDN'T GO SO WELL?

PERSONAL LIFE

Did you spend enough time with your family? Any special moments? Do you have a partner? How did your relationships go?

WHAT WENT WELL?

WHAT DIDN'T GO SO WELL?

LEARNING

Did you learn anything new last year? How much did you invest in your education? What had the biggest impact on your success/ progress last year?

WHAT WENT WELL?

WHAT DIDN'T GO SO WELL?

TRAVEL & HOLIDAY

Did you visit any new places? Old places? Do you feel you had enough down time last year? How many days you had off?

WHAT WENT WELL?

WHAT DIDN'T GO SO WELL?

CREATIVITY

Did you have any side projects? How did it go?
How much time did you invest in developing
your creativity? Do you feel you gave your
hobby enough time last year?

WHAT WENT WELL?

WHAT DIDN'T GO SO WELL?

MINDFULNESS

Did you have more relaxed or anxious moments last year? Any particular ups and downs? Why? Did you take the time to be mindful/ meditate? What worked to relax you? Do you need more work done in this area?

WHAT WENT WELL?



WHAT DIDN'T GO SO WELL?



MONEY & FINANCES

Did you save any money last year? How much? Are you better off than the year before? Have you made any investments? Have they been successful?

WHAT WENT WELL?

WHAT DIDN'T GO SO WELL?

3 BIGGEST CHALLENGES YOU FACED

1.

2.

3.

A black and white photograph of a hand giving a thumbs up gesture, positioned in the center-right of the frame. The background is a dense, lush jungle with various tropical plants, including large, heart-shaped leaves and palm fronds. The lighting is dramatic, with strong highlights and deep shadows. The overall mood is positive and celebratory.

WE'LL
DONE YOU!

*Bold,
Tony*

3 PROUDEST ACCOMPLISHMENTS

1.

2.

3.



SET YOUR
GOALS
FOR 2020

*Bold
Tony*

GOALS FOR NEXT YEAR

Those with Goals are
10x more likely to
Succeed!

1.

2.

3.

4.

5.

6.

—
P.S Break these
annual goals into
monthly and weekly
goals, and daily to-
dos

**IF NOT NOW,
WHEN?**

**BOISE
CROSSFIT**

***Bold
Tony***

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