



Annual Reflection & Planning

2022

A GOAL WITHOUT A PLAN IS JUST A WISH

ANTOINE DE SAINT-EXUPÉRY

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HIGHLIGHTS

(e.g. promotion, new house, trips, concerts, kids, fitness)

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LOWLIGHTS

(e.g. career setbacks, health, loss, finances, social life)

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ON A SCALE OF 0-10, RATE HOW YOU FEEL ABOUT THE KEY PILLARS OF YOUR LIFE

Pillar	2021 Score (0-10)	Descriptor <i>(briefly describe your score)</i>	Last year Score (0-10)
Health			
Career			
Love Life			
Finances			
Friends & Family			
Fun & Recreation			
Personal Growth			
Physical Environment			



2022 GOAL SETTING

Picture yourself the end of the year and write what you'd like success to look like.

e.g. meditated daily, progressed to my next role, added £x to savings, travelled to x countries, learnt an instrument, hosted family Christmas

Pillar	2023 (1 year)	2025 (3 year)	2027 (5 year)
Health	- -	- -	- -
Career	- -	- -	- -
Love Life	- -	- -	- -
Finances	- -	- -	- -
Friends & Family	- -	- -	- -
Fun & Recreation	- -	- -	- -
Personal Growth	- -	- -	- -
Physical Environment	- -	- -	- -



2022 GOAL SETTING CONTINUED

Picture yourself the end of the year and write what you'd like success to look like.

e.g. meditated daily, progressed to my next role, added £x to savings, travelled to x countries, learnt an instrument, hosted family Christmas

Pillar	2023 (1 year)	2025 (3 year)	2027 (5 year)
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