

# Annual Review Template

## Summary & Reflection

### Year in Review

- Theme or word of the year:
- Biggest wins or achievements:
- Biggest challenges or low points:
- Most important lessons learned:
- Unexpected shifts or surprises:

What defined your year emotionally, mentally, or spiritually?

### Life Domains Overview

Domain	Satisfaction (1–10)	Notes
Physical Health		
Mental Health		
Education		
Career – Current Job		
Career – Development		
Work-Life Balance		
Relationships – Family		
Relationships – Friends		
Relationships – Romance		
Financial Health – Income & Budgeting		
Financial Health – Savings & Investments		
Financial Health – Debt		
Home & Environment – Organisation		
Home & Environment – Living Situation		
Home & Environment – Daily Routines		
Hobbies – Creative Outlets		
Hobbies – Physical Activity		
Hobbies – Entertainment		
Community – Volunteering		

Domain	Satisfaction (1–10)	Notes
Community – Civic Engagement		
Community – Networking		
Spirituality & Mindfulness – Spiritual Practice		
Spirituality & Mindfulness – Mindfulness		

Which areas are thriving? Which ones are calling for your attention?

## Top Priorities for Next Year

- 1.
- 2.
- 3.

What 1–3 things, if deeply improved, would positively impact *everything else*?

## Intentions & Commitments

- How do you want to feel by the end of next year?:
- Habits or systems you want to build:
- What will you stop doing—or stop tolerating?:
- What’s your North Star this year?:

If next year was a breakthrough year for you, what would make it so?

# Personal Development

## Physical Health

### Current Health Snapshot

- Weight:
- Height:
- BMI (optional):
- Recent medical check-ups:
- Ongoing conditions or concerns:
- Medications or supplements:
- Sleep quality (1–10):
- Energy levels (1–10):

How has your body been feeling lately? Any issues you’ve been ignoring?

## Fitness & Activity Levels

- **Average physical activity per week:**
- **Strength training routine:**
- **Cardio routine:**
- **Mobility/flexibility habits:**
- **Functional fitness observations:**

What kinds of movement do you enjoy? Are you moving enough for your goals?

## Nutrition & Hydration

- **Diet or food style (e.g., vegan, intuitive eating):**
- **Meal prep habits:**
- **Typical meals/snacks:**
- **Hydration (avg. water/day):**
- **Grocery routine:**

Are you eating in a way that energizes and supports you? Any patterns to watch?

## Goals & Motivation

- **Current short-term goals:**
- **Long-term vision:**
- **Motivation rating (1–10):**
- **Main obstacles right now:**
- **Strategies that help you stay on track:**

Why do these goals matter to you? What would success look like?

## Systems & Tracking

- **Tracking method(s):**
- **Review frequency (weekly/monthly/etc.):**
- **Preferred routine structure (fixed/flexible):**
- **Accountability system:**
- **Reward or milestone plan:**

What systems are helping vs. hindering you? What would be easy to maintain?

## Mental & Emotional Well-being

### Current Mental & Emotional State

- **Overall mental health rating (1–10):**

- **Common emotions experienced recently:**
- **Any recurring negative thoughts or patterns?:**
- **Major stressors or sources of anxiety:**
- **Support systems (friends, therapy, etc.):**

How have you *really* been feeling lately? What's been taking up space in your head?

## **Rest & Recovery**

- **Sleep quality & consistency:**
- **Ability to switch off/unwind:**
- **Time spent resting vs. time spent recovering:**
- **Burnout warning signs present?:**
- **Downtime activities that help:**

Are you truly recharging, or just numbing out? How do you rest best?

## **Mindfulness & Emotional Regulation**

- **Practices you currently use** (e.g., meditation, journaling):
- **How often do you check in with yourself?:**
- **Emotional regulation strategies:**
- **Reactions to stress/conflict lately:**
- **Sense of control or overwhelm (1–10):**

What helps you feel centered when emotions run high?

## **Goals & Intentions**

- **Mental health goals (short & long-term):**
- **Habits you'd like to build or strengthen:**
- **Areas you want to explore** (e.g., therapy, inner child work):
- **Things you want less of in your emotional landscape:**

What kind of emotional life do you want to build? What would “peace of mind” look like for you?

## **Systems & Support**

- **Do you have routines that support your mental health?:**
- **Who or what helps you process difficult emotions?:**
- **Do you use tracking/journaling tools?:**
- **What helps you stay resilient in tough times?:**

Are there resources or support systems you're not using that you could lean on more?

# Education

## Current Learning Snapshot

- Formal education or qualifications in progress:
- Informal/self-directed learning projects:
- Courses you're currently taking or planning:
- Subjects you're most excited about:
- Topics you've lost interest in:

What are you learning right now, and how is it feeding your curiosity or growth?

## Skills & Competencies

- Skills you're actively building:
- Skills you'd like to revisit or refresh:
- Skill gaps holding you back professionally or personally:
- Technical or creative tools you want to master:
- Confidence in your current skillset (1–10):

What skills would level you up in the areas that matter most to you?

## Learning Habits & Systems

- Study routines or learning rhythms that work for you:
- Tracking methods (e.g. Obsidian, Notion, journals, apps):
- Time spent on learning each week (ideal vs. actual):
- Preferred learning formats (video, reading, hands-on, etc.):
- Note-taking, reviewing, and knowledge retention strategies:

Are you learning efficiently—or just collecting information?

## Learning Goals & Motivation

- Short-term learning goals:
- Long-term learning vision (1–3 years):
- How this ties into your identity or aspirations:
- Motivation level (1–10):
- Barriers (time, energy, focus, etc.):

Why are you learning these things? What future version of yourself are you investing in?

## Resources & Exploration

- Go-to learning platforms or tools (e.g. Coursera, Skillshare):

- **Books or media on your "to learn" list:**
- **Communities or people who inspire your learning:**
- **Opportunities to apply what you've learned:**
- **Wishlist of future learning adventures:**

What are you excited to dive into next? Where do you want your curiosity to lead?

## Career & Professional Growth

### Current Job

#### **Role Overview**

- **Your current job title:**
- **Organisation/department:**
- **Length of time in this role:**
- **Key responsibilities:**
- **Typical weekly workload:**
- **Current projects or initiatives you're leading or involved in:**

How clearly defined is your role? Do your responsibilities match your job description?

#### **Job Satisfaction & Fulfilment**

- **Overall satisfaction rating (1–10):**
- **What aspects energise you?:**
- **What aspects drain you?:**
- **Do you feel valued and supported?:**
- **Alignment with your values or interests?:**

What parts of your job make you feel proud or excited? What parts do you dread?

#### **Growth & Challenge**

- **Do you feel challenged in a healthy way?:**
- **Learning opportunities in your role:**
- **Are your skills being fully utilised?:**
- **Any skills you're not using but want to?:**
- **Opportunities for advancement or development?:**

Are you growing in this role—or mostly coasting or firefighting?

#### **Relationships & Culture**

- **Your relationship with your line manager:**

- **Team dynamics (collaboration, communication):**
- **Cross-functional relationships:**
- **Organisational culture—supportive or stifling?:**
- **Any recurring interpersonal challenges?:**

Are you thriving in your work relationships—or tolerating them?

## **Alignment & Impact**

- **Does your work feel meaningful?:**
- **Are you contributing to something bigger than yourself?:**
- **Do you feel connected to the organisation's mission?:**
- **Does your current role align with your long-term career goals?:**
- **What impact are you proud of this year?:**

What's the legacy you're building in this role?

## **Goals & Priorities**

- **Key objectives for the next 6–12 months:**
- **Professional development goals:**
- **New responsibilities or changes you want to explore:**
- **What success in this role would look like to you:**

If your role evolved in one way this year, what would you want that to be?

## **Career Development**

### **Career Vision & Trajectory**

- **Your long-term career vision (3–5+ years):**
- **Ideal roles or job titles you aspire to:**
- **What kind of work do you want to be doing more of?:**
- **What kind of impact do you want to make in your field?:**
- **Is your current trajectory aligned with this vision?:**

If your career were a story, what chapter are you in right now—and where are you headed?

## **Skill Growth & Learning**

- **Key skills you need to advance:**
- **Skills you're currently building:**
- **Certifications or qualifications you're pursuing or considering:**

- **Strengths you want to leverage more professionally:**
- **Learning methods that work best for your development:**

What would make you feel significantly more competent or confident at work?

## **Opportunities & Exposure**

- **Stretch assignments or leadership opportunities available to you:**
- **Mentorship (giving or receiving):**
- **Conferences, events, or communities you're part of:**
- **Are you gaining enough visibility in your field or organisation?:**
- **Are you positioning yourself for promotion or evolution?:**

Where are you stepping up—or playing small?

## **Feedback & Reflection**

- **Recent feedback you've received (formal or informal):**
- **Areas for improvement identified:**
- **How comfortable are you with receiving feedback?:**
- **Self-assessment of performance this year:**
- **Reflection on what you've learned from successes & failures:**

What's one lesson you learned this year that you don't want to forget?

## **Network & Influence**

- **Professional relationships you're nurturing:**
- **Communities or networks you're part of:**
- **Online presence (LinkedIn, portfolio, etc.):**
- **Who inspires you professionally?:**
- **How do you currently share your knowledge or ideas?:**

Are you building a reputation—or just a resume?

## **Goals & Next Steps**

- **Short-term career goals (6–12 months):**
- **Medium-term development plans (1–3 years):**
- **Areas of curiosity or potential pivots:**
- **Support you might need from mentors, peers, or managers:**

What are you growing *into*—and what's the next bold move?

## **Work-Life Balance**



## Time & Energy Overview

- Average hours worked per week:
- Work hours vs. actual availability (are you “always on”?):
- Commute or transition time (if any):
- Energy levels before, during, and after work:
- How often do you feel drained vs. fulfilled?:

Are you managing your time—or is it managing you?

## Boundaries & Overlap

- Do you have clear boundaries between work and personal life?:
- How often do you check work messages outside work hours?:
- How easy is it for you to disconnect and recharge?:
- What boundaries are currently being ignored or eroded?:
- How do you enforce your downtime (if at all)?:

Where are your boundaries serving you—and where are they breaking down?

## Rest, Recovery & Recharge

- How much true downtime do you get each week?:
- How often do you take breaks during workdays?:
- Use of leave/time off (too much, too little, just right?):
- Are your weekends/rest days actually restful?:
- What restores your energy best?:

Are you resting or just numbing out? What does “real rest” look like for you?

## Well-being Integration

- Do you regularly make time for physical/mental self-care?:
- Does your current routine allow time for hobbies and joy?:
- Any recurring stress symptoms (e.g. headaches, irritability)?:
- Balance of stimulation vs. burnout:
- Time for social connection vs. solitude:

Are your personal needs showing up on your calendar?

## Ideal Balance Vision

- What does ideal balance look like for you?:
- What do you want more of in your weeks?:

- What do you want less of?:
- Are you willing to let go of anything to regain balance?:
- One small change that could improve your balance immediately:

If you could wave a magic wand and rebalance your life, what would change?

## Relationships & Social Life

### Family

#### Current Family Dynamics

- Who do you currently consider “family”?:
- Living situation (alone, with family, distance, etc.):
- Key family relationships (e.g. parents, siblings, extended family):
- How often do you connect or spend time with family?:
- Emotional climate of your family relationships:

How do your family relationships feel right now—warm, tense, distant, supportive?

#### Role & Boundaries

- What role do you tend to play in your family? (e.g. caregiver, peacekeeper, outsider)
- Are your boundaries with family clear and respected?:
- Any recurring patterns or obligations that weigh on you?:
- Do you feel able to show up authentically with family?:
- Any roles you’re stepping into—or trying to step out of?:

What’s your default mode in family situations, and is it working for you?

#### Support & Connection

- Who in your family do you feel closest to?:
- Who do you turn to for support (if anyone)?:
- Ways you currently nurture family connections:
- Unspoken things you wish you could express to family:
- Any important conversations you’re avoiding?:

Are there family connections worth strengthening—or loosening?

#### Family Intentions & Healing

- What kind of relationship would you *like* to have with family?:
- Any specific goals or shifts you want to make this year?:
- Are there relationships that need healing, closure, or distance?:

- Traditions or rituals you want to start or revive?:
- Do your current choices align with the kind of family life you want?:

What legacy do you want to build or break within your family?

## Friendships

### Current Social Landscape

- How many close friends do you currently feel connected to?:
- How often do you socialize (online or in person)?:
- Where do your friends live (local vs. distant)?:
- Who do you talk to regularly?:
- Do you feel supported and seen in your friendships?:

Are your current friendships filling your cup—or leaving you feeling more isolated?

### Quality & Depth of Connection

- Which friendships feel most emotionally fulfilling?:
- Any relationships that feel one-sided or draining?:
- How vulnerable or authentic are you able to be with your friends?:
- Do your friends know what's going on in your life?:
- Are you able to ask for help or support when needed?:

Are you keeping up appearances—or building meaningful connection?

### Time & Energy

- How much time and energy do you currently invest in friendships?:
- Do you have the space for new friendships or deeper connections?:
- Have any friendships faded you'd like to rekindle?:
- Do you feel like a priority in your friends' lives?:
- Any unmet needs in your social life (e.g. laughter, emotional support, shared hobbies)?:

What kind of social energy do you need more of—and what might you need less of?

### Friendship Identity & Needs

- What kind of friend do you *want* to be?:
- What qualities matter most to you in a friend?:
- What kind of friendships are you craving?:
- Any patterns you want to break in your friendships?:

- **Do your social interactions align with your personality and values?:**

If you could custom-build your ideal social life, what would it look like?

## **Goals & Intentions**

- **Friends you want to reconnect with:**
- **New connections you'd like to make:**
- **Boundaries you need to set or reinforce:**
- **Ways to deepen your best friendships:**
- **One change that could significantly improve your social life:**

Where is your heart pulling you socially—and what are you ready to let go of?

## **Romantic Relationships**

### **Current Status & Situation**

- **Relationship status:**
- **Primary connection(s)** (if in a relationship/polycule):
- **How would you describe your current romantic landscape?:**
- **Recent changes or emotional shifts in your romantic life:**
- **Are you feeling fulfilled, confused, hurt, content, hopeful...?:**

How are things really going? What emotions are most present for you romantically?

### **Communication & Emotional Intimacy**

- **How honest and open is your communication?:**
- **Are your needs and boundaries being respected?:**
- **Do you feel safe being emotionally vulnerable?:**
- **How well do you handle conflict or difficult conversations?:**
- **Are you able to express affection in ways that feel authentic?:**

When you talk, do you feel heard—or just responded to?

### **Connection, Chemistry & Compatibility**

- **Do you feel a strong emotional connection?:**
- **How's the physical intimacy (if applicable)?:**
- **Shared values and life goals:**
- **Are you growing together—or growing apart?:**
- **What qualities in your partner(s) bring out your best self?:**

What do you love about this connection? What's missing that you need?

## Time, Energy & Prioritization

- How much time do you give to romance—and is it enough?:
- Do you feel like a priority in your partner's life?:
- Are you balancing romance with other areas of your life well?:
- Any relationship dynamics that are draining or overwhelming?:
- Are you showing up how you *want* to in love?:

Are your romantic connections lifting you—or weighing on you?

## Desires, Needs & Boundaries

- What are your current romantic needs (emotional, physical, relational)?:
- Are those needs being met right now?:
- What boundaries are important to you?:
- Are you honoring your own needs as much as your partner's?:
- Is there anything you're tolerating that deep down doesn't feel right?:

If nothing changed, would you feel content one year from now?

## Romantic Goals & Intentions

- What do you want from your love life this year?:
- Relationship goals (if partnered):
- Dating goals (if single or open):
- Patterns you want to break or heal:
- What would “healthy love” look like to you right now?:

What kind of relationship are you ready for—within yourself, and with others?

# Financial Health

## Income & Budgeting

### Income Overview

- Primary income source(s):
- Total monthly income (approximate):
- Any secondary/side income streams:
- How stable/reliable is your income?:
- Potential for growth or negotiation?:

Is your income enough to meet your needs *and* support your goals?

### Budgeting Habits & Awareness

- **Do you follow a budget?** (Yes/No/In theory)
- **Budgeting method** (e.g. zero-based, envelope, flexible tracking):
- **Tools or apps used** (e.g. spreadsheets, YNAB, bank categories):
- **How often do you review or update your budget?:**
- **Do you feel in control of your monthly spending?:**

Is your budget a safety net—or a mystery document you avoid?

## **Spending Patterns**

- **Top 3 monthly expenses:**
- **Spending categories that often go over budget:**
- **Spending on wants vs. needs (approx % split):**
- **Impulse or emotional spending habits:**
- **Subscriptions or expenses to reconsider/cancel?:**

Where is your money quietly sneaking away when you're not looking?

## **Cost of Living & Lifestyle**

- **Do you live within your means?:**
- **Any upcoming changes to income or expenses?:**
- **Big purchases or upgrades you're considering?:**
- **Does your current spending reflect your values?:**
- **Do you feel squeezed, stable, or spacious financially?:**

Is your lifestyle sustainable—or stressful?

## **Goals & Adjustments**

- **Short-term financial goals (3–6 months):**
- **Budget categories to tweak or track more closely:**
- **Income goals (side hustle, raise, new stream?):**
- **What would financial peace look like in your day-to-day?:**

If your money habits shifted just a little—what would change the most?

## **Savings & Investments**

### **Current Savings Snapshot**

- **Emergency fund balance:**
- **Savings for specific goals** (e.g. travel, large purchases, home deposit):
- **How many months of expenses could you currently cover?:**

- **Savings account types in use (e.g. ISA, high-interest, digital pots):**
- **Frequency of contributions to savings:**

Are you saving reactively—or with intention and strategy?



## Investment Overview

- **Do you currently invest?** (Yes/No/Starting out)
- **Investment types held (e.g. pensions, stocks, index funds, crypto):**
- **Investment platforms or services used:**
- **Confidence level in investing (1–10):**
- **Risk tolerance (conservative/moderate/aggressive):**

Is your money sitting still—or growing quietly in the background?



## Financial Goals & Milestones

- **Short-term savings goals (under 1 year):**
- **Medium-term goals (1–5 years):**
- **Long-term goals (5+ years, e.g. retirement, FIRE, property):**
- **Are your savings/investments aligned with these goals?:**
- **Have you reviewed or adjusted your goals recently?:**

Are your financial goals exciting, clear, and motivating—or vague and guilt-laden?



## Contributions & Consistency

- **Monthly savings/investment contribution (average):**
- **Do you pay yourself first—or save what's left?:**
- **Automatic transfers set up?:**
- **Have you missed or skipped contributions recently?:**
- **Would increasing your monthly contributions be sustainable?:**

What's one habit or tweak that would strengthen your savings system?



## Knowledge, Confidence & Tools

- **Do you understand where your money is and what it's doing?:**
- **Any concepts you'd like to learn more about?** (e.g. compound interest, ethical investing):
- **Tools you use to track or visualise growth:**
- **Professional advice or mentorship you've considered?:**
- **How confident do you feel about your financial future (1–10)?:**

What's one step you could take to feel more financially empowered?

# Debt Management

## Current Debt Snapshot

- **Types of debt held** (e.g. credit card, student loan, car loan, personal loan):
- **Total debt balance (approx.):**
- **Monthly repayment total:**
- **Minimum payments vs. extra contributions:**
- **Interest rates (which debts are costing the most?):**

Are you actively managing your debt—or avoiding the scary bits?

## Awareness & Mindset

- **How do you feel about your current debt situation?:**
- **Are you avoiding, managing, or proactively tackling it?:**
- **Any shame, stress, or emotional patterns around debt?:**
- **Past habits that contributed to debt accumulation:**
- **New habits or boundaries you've put in place:**

What would it feel like to be in control, not in panic?

## Repayment Strategy

- **Are you following a plan (e.g. snowball, avalanche)?:**
- **Which debt are you focusing on first (if any)?:**
- **Do you know your debt-free target date?:**
- **Opportunities to refinance, consolidate, or reduce interest?:**
- **Unexpected costs you need to plan for?:**

Is your strategy helping you feel progress—or stuck in circles?

## Progress & Wins

- **Debt paid off in the past year (if any):**
- **Milestones hit (e.g. cleared a card, paid off a loan):**
- **Habits you've improved around spending or saving:**
- **Mindset shifts you're proud of:**
- **How are you tracking your progress?:**

Give yourself credit (the good kind) for what you've already done.

## Goals & Intentions

- **Debt reduction goal for the next 6–12 months:**



- Changes to make repayments more manageable:
- Emergency plan if income changes:
- What would freedom from debt allow you to do or feel?:
- What kind of relationship do you want to have with money moving forward?:

If you became debt-free tomorrow, what would be your first joyful move?

## Home & Living Environment

### Home Organisation

#### Current Living Environment

- Type of home/living situation:
- Who you live with (if anyone):
- Overall satisfaction with your space (1–10):
- How well does your space support your current lifestyle?:
- Any spaces that feel neglected, chaotic, or unwelcoming?:

Does your space feel like a sanctuary, a stressor—or just a storage unit?

#### Clutter & Storage

- Areas that are currently cluttered or overfilled:
- Things you own but rarely use:
- Storage solutions in place (and are they working?):
- Hidden clutter zones (drawers, under beds, “doom piles”):
- Do you know where things are—or do you just hope for the best?:

What’s taking up space in your home *and* your brain?

#### Cleanliness & Maintenance

- How clean is your space on average?:
- Are there any cleaning routines in place?:
- Which chores tend to fall behind?:
- Does cleaning feel manageable, overwhelming, or forgotten?:
- Do you have systems to keep things clean—or rely on emergency tidying?:

Is your space managed with flow or fire drills?

#### Mindset & Emotional Relationship with Space

- Do you enjoy spending time in your home?:
- Does your space reflect your personality, values, or goals?:

- Any emotional attachments to clutter or disorganisation?:
- How does messiness affect your mental health or productivity?:
- Have you outgrown your current setup (mentally or physically)?:

What version of *you* does your space support?

## Goals & Visions for Your Home

- Spaces you want to reorganise or refresh:
- Decluttering goals (items, zones, routines):
- Furniture or layout changes you're considering:
- Systems or routines you'd like to introduce (e.g. 10-min tidy, weekly reset):
- What kind of vibe or aesthetic do you want your space to have?:

What does your ideal home *feel* like to live in, not just look like?

## Living Situation

### Current Setup Overview

- Type of housing (flat, house share, rented, owned, etc.):
- Who do you live with (if anyone)?:
- Length of time in current home:
- Reasons you originally chose this place:
- How much does this space still meet your current needs?:

Is your home a good fit—or just a convenient one?

### Financial & Practical Considerations

- Monthly rent/mortgage and utilities:
- Affordability rating (1–10):
- Any concerns around rising costs, stability, or maintenance?:
- Do you feel financially comfortable staying here long-term?:
- Do you need more (or less) space than you currently have?:

Is your living situation a source of security—or low-key stress?

### Emotional & Lifestyle Alignment

- Do you feel safe, at peace, and “at home” here?:
- Does your living space support your routines, work, and hobbies?:
- Does the location work for your lifestyle (e.g. commute, social life, access)?:
- How well does the energy of your space reflect where you're at in life?:

- **Any disconnect between your space and your future self?:**

If your life upgraded tomorrow, would your home fit—or feel out of place?

## **Plans & Possibilities**

- **Are you considering moving?** (If so, when and why?)
- **Would you want to stay long-term if conditions changed?:**
- **What would your ideal living situation look like?:**
- **Are there small changes that could make your current space feel better now?:**
- **Do you want more independence, community, nature, amenities, etc.?:**

What kind of environment would help you feel most alive and at ease?

## **Daily Routines**

### **Morning Routine**

- **Do you have a consistent morning routine?:**
- **Typical wake-up time:**
- **First 3 things you do after waking up:**
- **Anything you'd *like* to include but haven't yet?:**
- **How energised or grounded do you feel by the time your day starts?:**

Are your mornings intentional—or reactive?

### **Evening Routine**

- **Do you have a wind-down or bedtime routine?:**
- **Typical bedtime:**
- **Screens, snacks, or habits before sleep:**
- **How well do you sleep (quality & quantity)?:**
- **Anything disrupting your evening flow or sleep hygiene?:**

Are your evenings helping you recharge—or just melting into late-night chaos?

## **Daily Flow & Rhythm**

- **How structured are your days overall?:**
- **Biggest time drains or energy leaks:**
- **When are your natural peaks in energy and focus?:**
- **How well do your current habits support your work, health, and rest?:**
- **Do your days reflect your actual priorities—or just your obligations?:**

Is your routine serving your goals—or just surviving the day?

## Habits & Anchors

- What helpful habits are already in place?:
- Any rituals or “anchor points” that give your day structure?:
- Habits that feel forced or no longer serve you:
- New habits you’d like to build:
- Habit tracking method (if any):

What small, repeatable actions could shift your life over time?

## Routine Design & Intentions

- How would your ideal day look and feel?:
- Morning habits to add or remove:
- Evening habits to add or remove:
- 1–2 key moments you want to reclaim or ritualise:
- What kind of routine would support the person you're becoming?:

If your routine was a spell, what would you want it to conjure?

## Hobbies & Recreation

### Creative Outlets

#### Current Creative Practices

- What creative activities are you currently engaged in?:
- How often do you make time for creativity (weekly/monthly)?:
- Which outlets feel the most fulfilling right now?:
- Creative projects in progress (if any):
- Creative outlets you’ve drifted away from but miss:

What’s giving you life creatively—and what’s quietly collecting dust?

#### Expression, Flow & Identity

- Do your creative outlets feel like an extension of who you are?:
- When was the last time you felt “in flow” while creating?:
- What emotions or thoughts do you process through creativity?:
- Are you more focused on the process or the outcome?:
- Are you creating for yourself, for others, or both?:

What parts of yourself find expression when you’re creating?

#### Tools, Space & Environment

- Do you have a dedicated space or setup for your creative work?:
- Are your tools/resources accessible and ready to use?:
- Anything you need to make creating easier or more inviting?:
- Does your environment help or hinder your creative flow?:
- Any rituals or routines that help you get into the zone?:

Is your creative world set up to support spontaneous inspiration *and* focused effort?

## Time, Motivation & Blocks

- Biggest obstacles to regular creative time (time, energy, perfectionism, etc.):
- Do you schedule or protect time for creativity?:
- Common creative blocks or inner critic thoughts:
- How do you push through resistance—or do you avoid it?:
- Have you found strategies that work to reignite momentum?:

What stories are you telling yourself that keep you from creating freely?

## Creative Goals & Aspirations

- Creative goals for this year (small or big):
- Projects you'd love to finish—or finally start:
- Skills or styles you want to experiment with:
- Ways you'd like to share your work (if at all):
- People, media, or art that inspire you creatively:

What creative dream would make you light up inside if you took a step toward it?

## Physical Activity

### Current Movement Patterns

- Types of physical activity you currently do:
- How often do you move intentionally (per week):
- How active is your daily lifestyle overall?:
- Activities you enjoy most:
- Activities you avoid or struggle to stay consistent with:

Are you moving your body in ways that feel good—or just out of obligation?

## Relationship with Movement

- How do you feel about exercise in general?:
- Does movement feel energising, punishing, healing, fun?:

- Any negative associations or past experiences with fitness?:
- Do you feel “at home” in your body during activity?:
- Is movement part of your identity—or something you’re trying to reclaim?:

When you think about exercise, what emotions come up first?

## Consistency, Routines & Habits

- Do you have a regular workout or movement routine?:
- Any seasonal changes in activity levels?:
- Best time of day for you to move?:
- What helps you stay consistent?:
- Biggest disruptors to your movement habits (injury, time, energy)?:

What routines would feel supportive—not overwhelming?

## Outdoor & Lifestyle Movement

- Do you spend time moving outdoors (e.g. walking, hiking, biking)?:
- Do you do any low-key or passive movement (e.g. stretching, cleaning, standing desk)?:
- How much time do you spend sitting daily?:
- Are you getting fresh air and daylight regularly?:
- How does nature or environment affect your motivation?:

What kind of movement feels like rest *and* energy at the same time?

## Movement Goals & Aspirations

- Movement goals for this year (fitness, flexibility, endurance, etc.):
- New activities you’d like to try:
- Strengths to build on or limitations to work around:
- What would “feeling strong” mean for you?:
- What kind of active life are you working toward?:

If movement could help you become the person you want to be—what would that look like?

## Entertainment

### Current Entertainment Habits

- Favourite types of entertainment (e.g. games, TV, books, YouTube, podcasts):
- What are you currently watching/playing/reading?:
- Average hours per week spent on entertainment:

- **Go-to comfort media:**
- **Do you intentionally choose your entertainment—or just “click something”?:**

Is your media time intentional, nourishing, escapist, numbing—or all of the above?

## **Reading & Exploration**

- **What kinds of books or genres do you gravitate towards?:**
- **How often do you read (daily/weekly/occasionally)?:**
- **Are you reading for pleasure, learning, or both?:**
- **Books on your “want to read” or “DNF” pile:**
- **Do you track what you read or want to read?:**

What’s the last story or idea that really stayed with you?

## **Gaming & Interactivity**

- **Do you game regularly? If so, what types of games?:**
- **Solo gaming vs. social gaming balance:**
- **Games that inspire or challenge you creatively:**
- **Any game backlog you’re trying to work through?:**
- **How well do games fit into your schedule/energy right now?:**

What kinds of games light you up—and which ones drain your energy?

## **Screens, Streams & Sound**

- **Streaming services, series, or channels you regularly use:**
- **Podcasts, music, or background audio habits:**
- **Do you tend to binge content or savour it?:**
- **Are your entertainment habits energising—or numbing out?:**
- **Any shows or creators that inspire your own creative projects?:**

What are you feeding your brain—and how’s it digesting?

## **Entertainment Goals & Intentions**

- **Media you want to make more time for:**
- **Anything you’d like to cut back on:**
- **New genres, creators, or formats to explore:**
- **Creative fuel you’d like to get from entertainment:**
- **Balance you’re aiming for between consumption and creation:**

What kind of stories or experiences are you craving more of?

# Community & Contribution

## Volunteering

### Current Involvement

- Are you currently volunteering? (Yes/No/Occasionally):
- Where or with whom do you volunteer (if applicable)?:
- What kind of work are you doing?:
- How often are you involved (weekly, monthly, ad hoc)?:
- How fulfilling is it on a scale from 1–10?:

Is your current volunteering giving you life—or just giving you guilt?

### Values & Motivations

- Why do you volunteer—or want to volunteer?:
- What causes or communities matter most to you?:
- What kind of impact do you want to make?:
- Do you prefer front-line work, behind-the-scenes help, or advocacy?:
- How does giving back align with your values and identity?:

What kind of contribution feels meaningful, not performative?

### Time, Energy & Boundaries

- How much time and energy do you have for volunteering right now?:
- Have you overcommitted or under-committed in the past?:
- Do you feel supported in your volunteering—or stretched thin?:
- Are your boundaries respected by the organisations you give to?:
- Would a different role or frequency feel better for you?:

Are you giving from your overflow—or draining your reserves?

### Opportunities & Aspirations

- Are there any causes you'd like to get involved with but haven't yet?:
- Skills you'd like to offer through volunteering:
- Do you want to explore leadership or organising roles?:
- Any local or online communities you want to plug into?:
- If you had unlimited time, how would you give back?:

What kind of service would feel like a gift to both you *and* the world?



# Civic Engagement

## Current Engagement Snapshot

- Do you vote regularly in local and national elections?:
- Are you involved in any political, activist, or civic groups?:
- Have you attended any town halls, community meetings, or public consultations recently?:
- Do you follow current events or legislation that affects your area or interests?:
- How connected do you feel to your local community's civic life (1–10)?:

Are you shaping the world around you—or letting it shape you by default?

## Awareness & Education

- Do you feel well-informed about local issues?:
- Where do you get your civic/political news or education?:
- Do you understand how decisions are made in your area (council, healthcare, schools, etc.)?:
- Are there any civic topics you wish you understood better?:
- Have you ever reached out to a representative, MP, or council member?:

How empowered do you feel to influence things beyond your own front door?

## Voice, Advocacy & Expression

- Do you speak out about issues that matter to you?:
- Have you ever participated in protests, campaigns, petitions, etc.?:
- Do you use social media or other platforms to share civic or political views?:
- Are there causes or topics you're passionate about but haven't acted on?:
- Are you more vocal privately or publicly?:

How do you balance staying informed with staying sane?

## Alignment & Values

- Do your civic actions reflect your values?:
- Any disconnection between what you care about and what you *do*?:
- Do you feel your voice matters in your community or country?:
- Are you engaging from a place of hope, anger, duty, burnout, etc.?:
- Do you need to step back—or lean in more deeply?:

What kind of world do you want to help build—and how do you start where you are?

## **Goals & Intentions**

- Civic actions or habits you'd like to build (e.g. read council minutes, join a local group):
- Causes you want to engage with more intentionally:
- Communities you'd like to support or advocate for:
- Ways to make civic engagement feel sustainable, not overwhelming:
- If you had more time or energy, what would you show up for?:

What's the smallest meaningful step you can take toward a more engaged version of yourself?

## **Networking**

### **Current Network Snapshot**

- Do you actively maintain a professional or personal network?:
- Key areas your network supports (e.g. career, creativity, accountability, shared interests):
- How connected do you feel to people in your field or passions (1–10)?:
- Who are your go-to people when you need advice or support?:
- Any weak spots in your current network?:

Is your network nourishing your growth—or just collecting digital dust?

### **Intentional Relationships**

- Do you cultivate relationships with people who challenge or inspire you?:
- Are you surrounding yourself with people aligned with your values?:
- How do you currently stay in touch (if at all)?:
- Any relationships you'd like to deepen this year?:
- Anyone you'd like to reconnect with or reach out to?:

Are you building real connections—or just contact lists?

### **Visibility, Sharing & Collaboration**

- Do people in your network know what you're working on or passionate about?:
- Do you share your ideas, progress, or challenges with others?:
- Any collaborative projects you'd like to start (or already are)?:
- Are you more comfortable receiving support or offering it?:
- How confident are you in “showing up” as your full self?:

What parts of your brilliance are still invisible to your network?

## New Connections & Opportunities

- Are you actively looking to grow your network?:
- Fields, communities, or interests where you'd like more connection:
- Events, forums, or platforms to explore:
- Do you have mentors—or are you mentoring anyone?:
- What would an ideal new connection bring to your life right now?:

Who are the kinds of people you want to meet—and what kind of person do you want to be in return?

## Networking Goals & Practices

- Networking goals for this year (personal, professional, creative):
- Ways to nurture your existing relationships more intentionally:
- Boundaries around networking (what drains you vs. energizes you):
- Systems or tools you use to stay in touch (or want to use):
- One new relationship you want to build in the next 3 months:

If networking felt easy, authentic, and energising—what would it look like?

## Spirituality & Mindfulness

### Spiritual Practices

#### Current Spiritual Landscape

- How would you describe your spiritual beliefs or worldview?:
- Do you follow a specific religion, tradition, or path?:
- Do you consider yourself spiritual, religious, agnostic, or something else?:
- How central is spirituality to your life right now (1–10)?:
- Do you feel connected to something greater than yourself?:

What gives your life a sense of depth, wonder, or sacredness?

#### Practices & Rituals

- Current spiritual practices (e.g. prayer, meditation, offerings, study, reflection):
- How frequently do you engage with these practices?:
- What feels grounding, centring, or meaningful?:
- Are there rituals or practices you've let go of but miss?:
- Do you have a dedicated space or time for spiritual work?:

Are your practices nourishing your spirit—or feeling like a checkbox?

## Study, Reflection & Exploration

- Do you study any spiritual or philosophical texts?:
- Are you part of any spiritual community, group, or tradition?:
- Any spiritual teachers or thought leaders who inspire you?:
- Do you keep a spiritual journal or record your reflections?:
- Are there topics or traditions you're curious to explore more deeply?:

How do you feed your inner seeker?

## Inner Compass & Alignment

- Do your actions align with your spiritual or ethical values?:
- Do you feel guided by something (intuition, divinity, conscience, etc.)?:
- How do you make space for stillness, silence, or inner listening?:
- Any unresolved questions, doubts, or tensions in your spiritual life?:
- When do you feel most spiritually connected or “in tune”?:

What helps you return to yourself when you feel lost?

## Spiritual Growth & Intention

- Spiritual goals for the year (clarity, peace, service, connection, etc.):
- Practices you'd like to deepen, revisit, or begin:
- Do you want to explore new traditions or ways of connecting?:
- What kind of spiritual life would feel more aligned and alive?:
- One word or phrase to describe the kind of connection you're seeking:

If your spirit could speak, what would it ask you for?

## Mindfulness

### Present-Moment Awareness

- How present do you feel in your day-to-day life (1–10)?:
- Are you often distracted, rushed, or on autopilot?:
- Do you notice your thoughts—or get swept up in them?:
- How often do you consciously pause during your day?:
- Any moments where you feel truly “in the now”?:

Are you living your life—or just mentally sprinting through it?

### Mindfulness Practices

- Do you have a regular mindfulness practice (e.g. meditation, breathwork, body scan)?:
- How often do you practice (daily, weekly, occasionally)?:
- What kinds of mindfulness or grounding tools work best for you?:
- Are there sensory or movement-based practices that help (e.g. walking, tea rituals, cleaning)?:
- How accessible or enjoyable are these practices right now?:

What helps you return to yourself when the noise gets too loud?



## Emotional & Mental Clarity

- Do you check in with your emotions regularly?:
- How aware are you of your inner dialogue or self-talk?:
- Any mindfulness habits around reacting vs. responding?:
- When you're stressed, do you notice it early—or only when it crashes down?:
- Have you developed tools for calming or regulating your mind?:

How do you make space for your thoughts without letting them run the show?



## Habits, Routines & Triggers

- Are there moments in your day where mindfulness could be woven in more naturally?:
- Any habits or tech use that pull you out of the present moment?:
- Triggers that regularly disrupt your calm or clarity:
- Do you schedule time for stillness—or resist it?:
- What would a mindful day *feel* like from wake to sleep?:

Where is your attention going—and is it going where you *want* it to?



## Mindfulness Goals & Intentions

- Practices or habits you'd like to build or revive:
- Moments of your day you want to bring more presence to:
- One word to anchor your mindfulness this season:
- What would it look like to approach your life with more awareness?:
- How would you like to respond—rather than react—in the coming months?:

If mindfulness was your superpower, how would you use it?