Yearly Review Canvas

This template is there to support you on reflecting at the past 12 months. You can use it in the way that best serves you. Here is one possibility on how to use it:

1. Print the canvas.

2. Reserve about one hour for the process.

3. Make yourself cosy by preparing a hot drink or putting up some relaxing music.

4. Open your agenda / online calendar.

5. Review every month, starting from January to December, and look at three nested levels:

   a. Which events happened in the World that were important for me and the contexts I am part of?

   b. Which significant events happened in my personal and work life? With whom and where was I? Which experiences can I remember with ease?

   c. What was my inner experience over the last 12 months? Which emotions did I feel? Can I recall some crisis and some highlights? Did I have some breakthroughs?

6. For each month:

   - Take notes by writing some key words, enrich them with colors and symbols (related to 👭 social time , 💼 work, 🚝 travel; 🏖 holiday; or feelings you had: 😃 happy, 😠 angry, 😔 sad, 😨 fearful, 😳 shame)

   - You can also draw a line displaying your emotional state on the "feeling well / feeling bad" axis.

   - Write notes as they come to you, without overthinking, but by trusting your form of expression and your memories (sounds easier than what it is 😉) .

7. When you are done with every month, take a deep breath. Take a moment to thank yourself for having made the effort to review the whole year. Put the canvas on the side and "let it brew" in your unconscious until the first yearly review coaching conversation.

Enjoy your yearly reflection.

🧁 ☕ 🎶

	January	February	March	April	May	June
Events which happened in the World and did matter to me...						
Remarkable events and encounters which happened in my life...						
How I felt, what I remember about my experiences...						

	July	August	September	October	November	December
Events which happened in the World and did matter to me...						
Remarkable events and encounters which happened in my life...						
How I felt, what I remember about my experiences...						