

Health Advice

Review of the Year

That was my year

Another year has passed – how quickly time flies, don't you think? A year full of experiences, many highs and lows, and plenty in between. In other words, normal life. Do you remember the beginning of the year, the things you might have set out to do? The plans and projects, big and small, that you started, completed or abandoned this year? In our day-to-day lives, we rarely take time to stop and reflect on what's important to us and what we've already achieved. Instead of enjoying our success, we've often moved on to the next thing already. That's why now is the perfect time for your own personal review of the year! Take some time to look back on the past few months.

Why a review of the year?

Reviewing the year as it draws to a close shows us in a nutshell how varied the year actually was. We often forget many of the little or pleasant things that happened. Use your calendar or the photo album on your smartphone to jog your memory. This will bring events and individual days back to life: Do you remember the walk in the woods you took in March? The slice of cake you ate in the June sunshine? The meet-up with colleagues in August? Nice experiences can also be a source of happiness retrospectively. And not-so-nice experiences can provide us with valuable insights in hindsight as to what we could do differently or change.

Personal review of the year – how to do it!

Find a quiet, cosy spot, with as few distractions as possible, and take your time. You could also take a walk outdoors or sit in your favourite café. The main thing is you feel comfortable. It's a good idea to record your thoughts in writing, to give the positive impact an extra boost. But even just going through the year again in your mind will be effective. Your review can focus on your private or professional life – or both.

Use the following ten questions as a guide. You don't have to answer all of them. Perhaps you want to add other questions. The main thing is you get started.

1. What three words best describe my year?
2. What have I achieved this year, what am I proud of?
3. Did I set out to do something this year – and did I do it?
4. What did I do for the first time?
5. Have I integrated a new routine into my day-to-day life?
6. What have I done to improve my health?
7. What did I spend a particularly large amount of time on?
8. What would I like to invest more time in next year?
9. What would I like to do differently or better next year?
10. What am I thankful for?

Perhaps you would like to sit down with your colleagues for a look back at the professional year, to see what you have achieved together?

Review of the year done – and now?

Now it's time to celebrate! The achievements of the past few months, big or small, the moments of happiness and the experiences that help us grow. Even small things deserve recognition. You can be proud and happy about pleasant experiences and what you have achieved. Positive thoughts boost our psyche and motivation and at the same time show us what we would like more of in the coming year. Make a good mental note of these! Then you're all set for the new year to arrive.



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