



My Year By Design

1. Year In Review

Review your calendar, journals, Facebook, LinkedIn and any other record of your activities for the past 12 months. List out the following:

Positive People & Experiences	Negative People & Experiences



2. Patterns & Themes

What patterns and themes do you notice from the positive and negative people and experiences in the last twelve months?

Positive

Negative

How do these reflect your values?

3. My Intentions For The Year Ahead

Answer any or all of the following questions:

- What do I want to have happen this year?
- What do people close to me say I should do more of this coming year?
- What do people close to me say I should do less of this coming year?
- Who do I want to spend time with?

4. Schedule The Good Stuff

Different people prefer different ways of doing this step. Some people, like me, get a wall calendar and block out time based on different categories of activities. Others simply make a list with dates against it. Do whatever works for you.

5. Make A 'Great People' List

Make a list of the people you want to spend time with this year. This list should be derived from the 'people' part of your year in review. Add in any other people you would love to connect with that you haven't for a while, or don't know yet.

A further resource:

[The Art of Deliberate Success](#), by Dr David Keane, provides a more in-depth and structured approach to working out what you really want, and ways to make that happen.