

# MICHAEL A. COUSIN BLOG

## PERSONAL ANNUAL REVIEW WORKSHEET

Use this worksheet to review your past 12 months and set goals for the next 12 months.  
Feel free to send me feedback at [michael@michaelacousin.com](mailto:michael@michaelacousin.com)

What good things happened this year?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What didn't go well this year?

- 1.
- 2.
- 3.
- 4.
- 5.

What was my greatest achievement this year?

What was my biggest failure?

What was my biggest risk taken?

What do I want to do more this year?

What do I want to do less?

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What are my biggest goals for this year?

Why do I want to accomplish those things?

How am I going to accomplish my goals?

Why didn't I accomplish some of my goals last year?

What do I want my average day to look like this year?

What do I want to tell my future self about where I am right now?