



Hey there, it's Elyse from ElyseWagner.com And if you are thinking this year cannot come to a halt, or an end fast enough and you can't wait to get to the next year ahead, you're not alone.

It's been a tough year for many, many people and it's a real doozy for us all. But even in the toughest of times, there have been some amazing insights and lessons and real value that you can glean from your past year.

Especially if you know how to look for these lessons, leverage them and bring them into your world and your New Year, you are going to completely benefit. In today's video what I want to share with you are three very powerful yet simple questions for you to answer as your year in review exercise that we're going to set up so that you can have a fabulous year ahead.

This is part one of three and all you're going to need is a pen, a piece of paper, or a journal, if you have the [FAB planner](#), even better because there is an entire worksheet dedicated for this in the planner, and you just need about 10 minutes.

I'm going to share my screen in the FAB planner and as you can see there's an entire worksheet dedicated to your Year in Review. There's a lot of different questions here that you can answer, and we're going to go through three of my very top favorite questions that just get to the heart of the matter. These questions are going to help you have a fabulous year ahead.

One of the very first questions that I like to ask is what went well? **What did you accomplish this past year?** Really start focusing on the positive. What made you feel proud? What kind of things did you do that brought joy to your life? Maybe it was a phone call or some sort of a conversation that you had or maybe you created something.

What was it that made you feel proud, joyful and happy? So focus on this question first and if you need a little bit of support, you can always go back through old text messages, photos or emails, Facebook or social media to jog your memory a little bit. So, take action now and write down one thing that you accomplished this year that you are super super proud of? If you just come up with one, great! One and done. You can always come back and write more.

The next question that I love asking is, **“What was the biggest lesson that you learned this past year?”**

So a lot of the time, lessons come with pain or fear or anxiety or there's something that could be painful about the experience. It doesn't always have to be that way, but what I've definitely seen and found is that sometimes lessons are learned the “hard way.”

With some distance and some perspective, you can look at the past year or you can even go farther back but you can get a little bit of distance on this and see some of the lessons you've learned, what you took away from each lesson and how you can leverage those lessons so you



can bring them into your year ahead with your experiences that you're going to have moving forward. You can truly grow into a more wise human being with these lessons in tow.

The third question that I love to ask is, **“What limiting belief or beliefs are you going to let go of this year ahead, so you can truly start being your best self in this next year?”**

You can ask yourself what belief or beliefs are not aligned with who you are or who you want to become or how you want to show up in the world? Jotting this down is really really helpful. Also asking what beliefs served you in the past but aren't going to just serve you right now? Go ahead and jot those down.

So, what beliefs are you truly willing to let go of? What beliefs just really are not helping you anymore? When you can get really clear, honest and transparent with yourself about your belief systems, that is where the real power is. This is where you can transform and change.

If there's one thing I know, we've gone through a lot together, as a society, as a world, a country. There's been a lot of struggle and mistakes, which means there's a lot of lessons that we can learn and glean from. If you're struggling, please know that you're not alone.

This is one of the most perfect times to make changes and transformations. So, if you need a little bit of a boost, that's awesome. You can take action right now and I encourage you to do so and answer these questions.

If you don't have the time right now, all you need is 10 minutes, and I encourage you to find the time. If you need a couple little prompts I have some mini tips for you. All you need to do is choose one.

These are called starter steps. So a starter step is pretty much just what it sounds like, it's a little starter, and it helps you get going. If you don't have the time right now that's okay there's a couple things you can do that will remind you. They're kind of like prompts.

One thing you can do is leave a pen and a piece of paper or a journal, either on your nightstand or a desk somewhere where you like to sit down and work and have a nice quiet space where you can really work on some of these questions.

When you have a block of 10 minutes, you can always have that paper and pen ready for you and it's sitting there like a little reminder to say to you, “Hey, when do you have 10 minutes, start writing the answers to some of these questions.”

You can also leave a post note for yourself. I love to write post notes and put them on a mirror in my bathroom or I can put them on my rear view mirror or computer screen. You can even take a photo of it and use it as a wallpaper on your phone to remind you to say, “Hey, do your Year in Review. It's going to help you.”



And the last starter step that I have is actually flipping to your Month at a Glance in your [FAB Planner](#) or picking a day during your weekly and scheduling in your Year in Review timeframe. year in review timeframe. Schedule 10 minutes, 30 minutes or an hour.

Whatever you choose is totally up to you! Remember, you are in control of your health and your happiness. I want to keep reminding you that and I'm going to keep telling you that because you are the CEO of your health.

And when you own your health you elevate your entire life. So with that I want to encourage you to take action now.

If you've got 10 minutes right now set a timer to answer these questions. If you don't have 10 minutes, schedule them, or make a reminder for yourself.

And after you're done watching this video and reading, please leave a comment below. Specifically share one thing that you've accomplished this past year so we can celebrate with you in the comments below. I definitely want to hear all the good things going on.

You can also let me know a belief that you're willing to let go or one of the biggest lessons that you've learned this year.

Other people are going to be reading, watching and commenting. Your comments and stories inspire and empower others, so don't be shy. :) I would love to hear from you. And I can't wait to see what you come up with.

Stay tuned for next week! We'll be doing a Year in Preview. So we looked back and now we're going to be looking ahead.

I will talk with you soon. And have a great rest of your day. Take care.

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