



Process Your Past Year So You Can Live Your Best Year Yet

KEVIN DALY | BROKENCHAINSINTL.COM



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In this tool, you will see the importance of properly bringing the previous year to the closure before beginning a new one. In answering a series of seven very deliberate questions, you can lay the groundwork for your Best Year Yet.

Instructions: Plan to schedule an hour or two to give yourself enough time to seek God and think through each question and reflect on the past year. Use the simple worksheet below to record your answers.

- Answer 2/3 items for each question - bullet answers
- Consider listening to some music to stimulate your thinking.



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1.If the last year of your life were a movie, what genre would it be?

Life is connected to a story - adventure / mild drama / drama / action / horror / silent / intense / you're the movie producer... God owns the company



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2. What were the two or three major themes that kept recurring?

Trying to find margin (no appointment) in a busy season of my life. The urgent crowd out the important.

- Let the themes inform the future by learning from the past.



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3. What did you accomplish this past year that you are most proud of?

We don't take time to celebrate. It's healthy to do this
1 Tim. 6:17



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4. What do you feel that you should have been acknowledged for, but weren't?

- Creating next year is about continuing the things that are working.
- It's easy to get focused on what's not working
- What we give attention and focus to will grow and expand.



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5. What disappointments or regrets did you experience this past year?

- Looking for emotional and mental closure to the disappointments.



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6. What was missing from the last year as you look back?
- Not what was wrong, but missing? We can't replace it if we don't know what's missing..



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7. What major life lessons did you learn from the last year
- If we're not distilling, what we're learning, we're destined to repeat it again and again.
 - The most important thing is not the end result but the process of being unencumbered by the past but informed by it.
 - Write it down: Thoughts disentangle themselves passing from the mind to the lips through fingertips
 - This is the preparation for goal setting. Then set a similar amount of time to set goals.
 - Do this and you'll be ahead of 97% of the population.



Thank You!

I hope you found this tool helpful in processing your past. I'd love to hear about it! Come tell me your thoughts via the contact details below.

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