

MY YEAR IN REVIEW

Name

Date

Hours spent working:

Hours spent sleeping:

Hours spent on self-care:

Hours "wasted":

Time Management

Weight:

Waist measurement:

Blood Pressure:

A1C:

Health

Money In:

Money Out:

Money Invested:

Money Gifted/Charity:

Finances

Upgrades Made:

Areas PROMed:

Organization

New Connections:

Rekindled Connections:

Daily Contacts:

Most Important Person:

Relationships

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TIME MANAGEMENT

The first segment of your Peace Pyramid is to get in control of your day-to-day time management. What was this year like for you? What time did you get up each day? What time did you go to bed? Were you early to events/appointments more often than not? Did you meet all of your deadlines and obligations on time? If you were graded on your punctuality, what grade would you receive? On a daily basis, how often do you feel rushed? How much TV / social media do you consume? How can you better serve your own needs next year?

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HEALTH

The second segment of your Peace Pyramid is to pay attention to your health on a daily basis. On a scale of 1-10, how would you rate your overall health right now? Are you drinking enough water? How many steps do you get on average each day? How is your sleep? Do you feel anxious more often than not? Are you satisfied with your weight? When you look in the mirror are you pleased with your reflection? What is your alcohol consumption like? Caffeine consumption? Does your media consumption help or hinder your mental health? How is your muscle tone? Where do you feel as if there is room for improvement?

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FINANCES

The third portion of your Peace Pyramid is to pay attention to your finances regularly. Do you know your current checking account balance? What is your retirement number and number? How can you increase your retirement savings? Do you have an emergency fund in place? Is all of your insurance up to date and properly funded? Are there any large expenses on the horizon? If you have recurring debt, do you have a payment plan in place that you are happy with? How can you increase income this year? Do you feel "in control" of your finances?

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ORGANIZATION

Does your home bring you peace? Do you feel relaxed when you come home? Does the master bedroom feel like a sanctuary? Do you have a plan in place to tackle the daily, weekly, monthly, and quarterly chores? Can company drop by with 30-minutes notice? Do you know what you are having for dinner tonight? Do you have a laundry system in place that is working for you? What would be the easiest quick-fix to help you feel tranquil in your home? Can you find things easily in your home when they "go missing?"

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RELATIONSHIPS

Do you feel supported by the relationships in your life? Are you comfortable being alone? Is there anyone in your life that you should forgive? Is there anyone you should apologize to? Have you come to terms with your inner child? Have you forgiven yourself for past mistakes? Who are the five people you spend the most time with? Do you share the same values as the people you spend the most time with? Do your friends lift you up? What aspects of your friends do you admire? Do your relationships challenge you to grow as a person? Is there anybody you'd like to get to know better?

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PEACE

Where do you see yourself in 5 years? 10 years?

What does your life look like in all of the components of the Peace Pyramid (time management, health, finances, organization, relationships) for you in the future?

If no one could tell you NO, or that your dream life was an impossibility -- what would your dream self be doing on a day-to-day basis?

What steps can you take in this upcoming year to shift your current trajectory into the one you envision?

Do you have a support system in place to help you reach your dream goals?

NOTES

NEXT STEPS:

When you are ready to make your dream a reality, I encourage you to book a consultation call, coaching call and enroll in [Simple Shortcuts to Peace](#).

For the 2024 calendar year, the best "bang for your buck" comes from [Simple Shortcuts to Peace](#). Not only will you get instant access to all of the training videos, materials, books, worksheets, and downloads, but you are able to book 2 one-on-one calls so we can ensure you have mapped out your day-to-day life to lead you to your end goal dream life.

I am here to help, I am here for you, and I think you're wonderful. **xoxo steph**

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