

# SIX MILES *To Supper*



## End of The Year Routine

### Action Steps

**1. Re-read your previous year's year-end review.**

- a. This helps you understand where you started the current year from. If you don't have one, go to step 2.

**2. Re-read your journal entries from this year.**

- a. Make a new journal entry titled "(Year) Review" and write down insights you get while reading your journal. Ask yourself what would make your journal more helpful moving forward. More consistent entries? More elaboration about your day-to-day routines? Write this down.
- b. If you don't have a journal, buy yourself one and start keeping it, however imperfectly you can.

**3. Review your calendar.**

- a. Make notes of any insights you have in your journal entry. What could you do more of? What could you do less of?
- b. If you don't regularly use a calendar, ask yourself if you might be helped by using one.
- c. Write down insights in your "(Year) Review" entry in your journal.

**4. Review your weight tracking from this year.**

- a. In your journal entry, make notes of times when your weight came off consistently, and when you had trouble. Compare that to what was going on in your life by looking at your journal and learning from it.
- b. If you haven't been tracking your weight, pick a method you think will work for you and implement it today. Use a spreadsheet, an app, or just plain old pencil and paper.
- c. Write down insights in your "(Year) Review" entry in your journal.

**5. Review your spending and income.**

- a. Look back at your spending and income for the year. What did you spend money on that you regret? What did you spend money on that you really enjoyed? How was your income? Were there times of money stress? Why? Put down any insights you have in your journal entry.
- b. If you haven't been tracking your spending, pick a system and implement it now. Your own spreadsheet, Every Dollar, You Need A Budget, are all good options.
- c. Write down insights in your "(Year) Review" entry in your journal.

**6. Write a small paragraph summing up the year.**

- a. After reviewing all this data, sit and think about things for a few minutes. Then, in a brief paragraph, sum up the year.

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## 7. Set your goals for the coming year.

- a. Take a moment to dream about what you want your life to look like in the coming year.
- b. Consider setting one goal in each of the following areas of your life:
  - i. Physical
  - ii. Spiritual
  - iii. Intellectual
  - iv. Marriage
  - v. Social
  - vi. Career
  - vii. Family
- c. Break your goals down into subgoals and actionable tasks. For example, if you'd like to lose 50 pounds this year, break that down into a goal of losing a pound a week on average. Or, if you'd like to improve your marriage, you might set a goal to have a date night once a week.