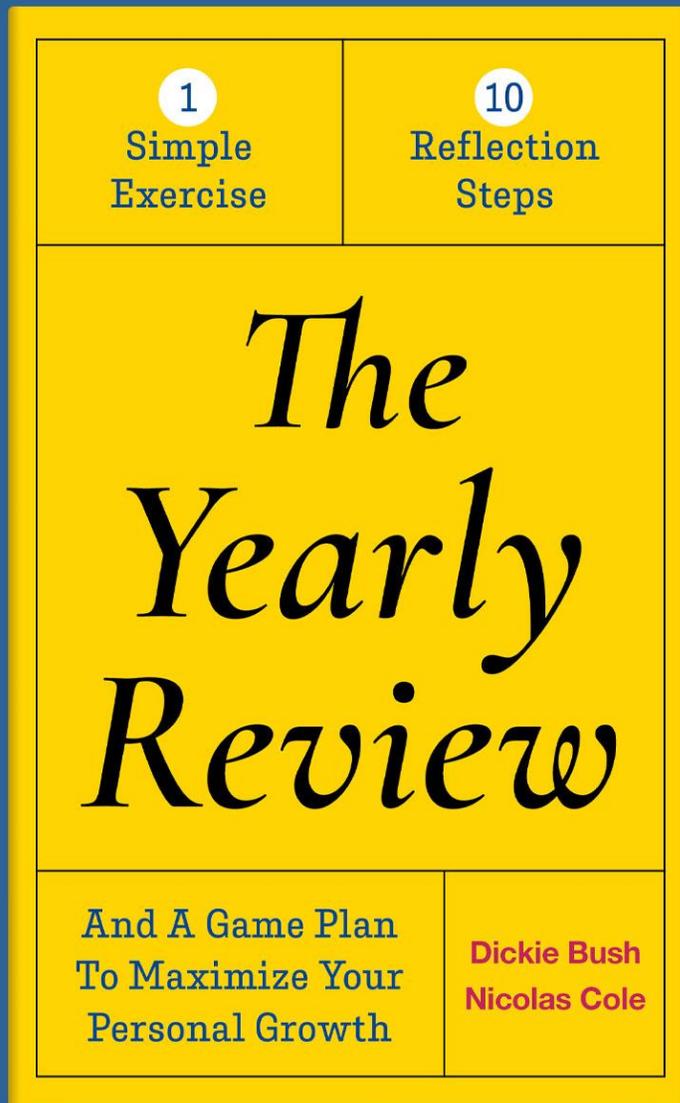




# The Yearly Review by Dickie Bush & Nicolas Cole



# Welcome to The Yearly Review!

🚀 Thanks for downloading *The Yearly Review: 1 Simple Exercise, 10 Reflection Steps, And A Game Plan To Maximize Your Personal Growth*.

If you aren't familiar with who we are, our names are [Dickie Bush](#) & [Nicolas Cole](#)—and we are the creators of [Ship 30 for 30](#), a cohort-based writing program that helps people start writing online.



To date, we have helped 5,600+ people start their Digital Writing journeys (and at the time of our writing this we are gearing up for our largest cohort of the year: January, 2023!)

## Now, here's why we wrote *The Yearly Review*:

Every year, we spend from Thanksgiving to Christmas immersing ourselves in a deliberate reflection process (and we've been doing this for years).

Specifically, we reflect on:

- Things we did well over the past year (wins & accomplishments)
- Things we did not-so-well over the past year (mistakes & anti-accomplishments)
- Meaningful milestones & memorable events throughout the year that shaped us
- Realizations, lessons, and takeaways we want to keep front-of-mind going into next year
- An 80/20 analysis on what led to the “most good” outcomes of the year, and what led to the “most bad” outcomes of the year

- And finally, what we want to take with us into next year & what we want to leave behind

As writers, we then take all our reflections and start publishing them as content.

Why?

Because chances are, if we learned a hard lesson, then someone else would probably benefit from learning from our mistakes, experiences, or takeaways—and we believe that’s the best part about writing on the Internet. We all get to learn from each other.

**Here’s what publishing a “reflection” as content looks like:** [9 Mistakes I Made In 2022 \(That I Won’t Repeat Again\)](#)

**We hope The Yearly Review gives you a similar structure to follow:**

This is the reflection process that works for us.

But we encourage you to find ways to make it your own! Follow it step by step, or use it as inspiration to create a process for yourself. Either way, we firmly believe the best way to spend the last few weeks of the year is to give yourself a hard look in the mirror and be honest:

- What went well this past year?
- What didn’t?
- Where are there opportunities to improve?
- How do you plan on holding yourself accountable?

Do this for 10+ years, and the compounding personal growth will astound you.

*Wishing you the very best in 2023!*

Dickie Bush & Nicolas Cole

## **Share The Yearly Review with your friends!**

If you know someone who would find The Yearly Review valuable, feel free to forward it to them.

→ [\*\*You can click here to copy the link to The Yearly Review\*\*](#)

→ [\*\*You can click here to share the link on Twitter!\*\*](#)

# Inspiration Credit

*We love learning from other creators & personal development innovators, and want to give credit to a handful of the people who inspired us to create this Yearly Review.*

- [Steve Schlafman](#): Creator of [The Ultimate Annual Review](#) (highly recommend using as a complement to this guide!)
- [Dr. Anthony Gustin](#): Creator of the [Gustin Annual Review](#)
- [Janine Sickmeyer](#): Creator of [Annual Planning Workbook](#)
- [David Perell](#): Periodic writer of [Annual Reviews](#) (highly recommend reading!)
- [James Clear](#): Periodic writer of [Annual Reviews](#) (also highly recommend reading!)

## A couple quick “best practices” before we dive in:

1. This reflection is **not** meant to be done in one sitting. When we did this review for ourselves, we blocked off 1-2 hours per “step” so we could give it our full attention.
2. Feel free to mix, match, combine, remove, and make this review process your own. The Yearly Review is meant to be both 1) a template you can follow exactly and 2) an “outline” you can pull from when creating your own Yearly Review process.
3. We copied our own life areas into this document (health, wealth, relationships, experiences, & business). Feel free to change things around to better align with the way you bucket your life!

**Remember:** *Every year, you are on a mission to make next year your best year yet.*

## Step 1: List Meaningful Moments/Milestones

 *These are the “inflection points” of the year.*

*Think of these Moments/Milestones as the “bookends” where meaningful chapters Start & Stop. Listing these out will help you keep tabs on the beginnings & ends of different growth cycles throughout the year.*

*If you are having trouble remembering, some places where you can jog your memory: your calendar, journals, to-do lists, photo albums, note-taking apps.*

## **January**

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

## **February**

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

## **March**

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

## **April**

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

## **May**

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

## **June**

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

## **July**

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

## **August**

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

## **September**

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

## **October**

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

## **November**

- 1.
- 2.

- 3.
- 4.
- 5.

## December

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

# Step 2: List Your Wins From The Year

 Start by making a list of all the things you accomplished/achieved, in no particular order.

To help you generate ideas, this could be:

- Habits you built
- Places you traveled
- Bad habits you broke
- Skills you developed
- Hobbies you explored
- Jobs you left or started
- Goals you accomplished
- Relationships you formed
- Financial milestones you hit

Use this space to CELEBRATE and reflect on all of the big things you did in 2022.



## Step 3: Organize Wins By Life Theme

 Next, organize your wins by “life theme” so you can see the “matrix” of your life. |

Afterwards, you will be able to see (objectively) whether this is the “blend” of interests/priorities you want.

Which themes are too strong/too much of a priority?

And which themes are too weak/need to be reprioritized?

### Health (Physical, Mental, Spiritual)

- 
- 
- 

### Wealth (Investing, Spending, Earning)

- 
- 
- 

### Relationships (Friends, Family, Romantic)

- 
- 
- 

### Experiences (Travel, Leisure, Hobbies)

- 
- 
- 

### Business (Personal, Team, Career)

- 
- 
- 

# Step 4: List Mistakes & Anti-Accomplishments

 *Anti-accomplishments are things you did you aren't happy about, decisions you made you now see (in hindsight) were wrong, or things you wanted to do but didn't end up doing.*

*List them out by life theme/category so you can see where you fell short.*

## Health (Physical, Mental, Spiritual)

- 
- 
- 

## Wealth (Investing, Spending, Earning)

- 
- 
- 

## Relationships (Friends, Family, Romantic)

- 
- 
- 

## Experiences (Travel, Leisure, Hobbies)

- 
- 
- 

## Business (Personal, Team, Career)

- 
- 
-

# Step 5: End-Of-Year Audit

 Next, go through each life category and give yourself a score between 0 and 10.

*The only rule is: you can't use the number 7. (This forces you to make a choice whether you feel you over-performed or under-performed in any given category—revealing where there may be opportunities to improve, or conversely opportunities to relax and make space for improvement in other areas.)*

*To complete this step, go through each “sub-area” in your life buckets, give it a rating, and provide some commentary about why you’re giving it that rating. This will help give you some “raw material” you can use in the steps that follow as you analyze things you want to stop, start, and keep doing.*

## Health 0-10

- Physical 0-10
- Spiritual 0-10
- Mental 0-10

## Wealth 0-10

- Investing 0-10
- Spending 0-10
- Earning 0-10

## Relationships 0-10

- Friends 0-10
- Family 0-10
- Romantic 0-10

## Experiences 0-10

- Travel 0-10
- Leisure 0-10
- Hobbies 0-10

## Business 0-10

- Personal 0-10
- Team 0-10
- Career 0-10

You should now be able to objectively see what you achieved/enjoyed this past year, and what you “missed the mark” on. So, reflect on what you want for the upcoming year and re-order these buckets based on priority.

- Which “life themes” are lacking that you want to start prioritizing? **Move those up on the priority list.**
- Which “life themes” are doing well, that you want to keep doing well? **Keep the same on the priority list.**
- Which “life themes” are too over-emphasized, that you want to deprioritize? **Move those down on the priority list.**

## Step 6: 80/20 Analysis

 An “80/20 analysis” is a way of finding the 20% of inputs that lead to 80% of the outputs.

So the goal of this section is to identify the 20% of:

- Beliefs
- People
- Habits
- Routines
- Environments
- Etc. Etc.

That led to 80% of your positive & negative results this year.

This starts with a “brain dump” of everything you can think of that contributed to your positive & negative results in each life area.

Then, you want to closely look at them to find the 1-3 that led to 80% of the positive & negative results.

From there, you’ll brainstorm how you can double down on the few things leading to the good results & ruthlessly cut the few things leading to the negative results.

Repeated year after year, this process guarantees you are continuing to grow.

### 80/20 Analysis On Health

**Positive: People, Habits, Beliefs, Environments, Content, etc.**

- 
- 
- 
- 
- 

**Negative: People, Habits, Beliefs, Environments, Content, etc.**

- 
- 
- 
- 
- 

**Pick 1-3 that led to most of the “positive” outcomes.**

- 
- 
- 

**Pick 1-3 that led to most of the “negative” outcomes.**

- 
- 
- 

<aside>  **Reflection Question:** “How can I double-down on the few things leading to the most good, and ruthlessly cut the few things leading to the most bad?”

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## **80/20 Analysis On Wealth**

**Positive: People, Habits, Beliefs, Environments, Content, etc.**

- 
- 
- 
- 
- 

**Negative: People, Habits, Beliefs, Environments, Content, etc.**

- 
- 
-

- ✘
- ✘

Pick 1-3 that led to most of the “positive” outcomes.

- 🔑
- 🔑
- 🔑

Pick 1-3 that led to most of the “negative” outcomes.

- ○
- ○
- ○

 **Reflection Question:** “How can I double-down on the few things leading to the most good, and ruthlessly cut the few things leading to the most bad?”

## 80/20 Analysis On Relationships

Positive: People, Habits, Beliefs, Environments, Content, etc.

- ✓
- ✓
- ✓
- ✓
- ✓

Negative: People, Habits, Beliefs, Environments, Content, etc.

- ✘
- ✘
- ✘
- ✘
- ✘

Pick 1-3 that led to most of the “positive” outcomes.

- 🔑
- 🔑
- 🔑

Pick 1-3 that led to most of the “negative” outcomes.

- ○
- ○

- 

 **Reflection Question:** “How can I double-down on the few things leading to the most good, and ruthlessly cut the few things leading to the most bad?”

## 80/20 Analysis On Experiences

Positive: People, Habits, Beliefs, Environments, Content, etc.

- 
- 
- 
- 
- 

Negative: People, Habits, Beliefs, Environments, Content, etc.

- 
- 
- 
- 
- 

Pick 1-3 that led to most of the “positive” outcomes.

- 
- 
- 

Pick 1-3 that led to most of the “negative” outcomes.

- 
- 
- 

 **Reflection Question:** “How can I double-down on the few things leading to the most good, and ruthlessly cut the few things leading to the most bad?”

## 80/20 Analysis On Business

Positive: People, Habits, Beliefs, Environments, Content, etc.

- 
- 
-

- 
- 

**Negative: People, Habits, Beliefs, Environments, Content, etc.**

- 
- 
- 
- 
- 

**Pick 1-3 that led to most of the “positive” outcomes.**

- 
- 
- 

**Pick 1-3 that led to most of the “negative” outcomes.**

- 
- 
- 

 **Reflection Question:** “How can I double-down on the few things leading to the most good, and ruthlessly cut the few things leading to the most bad?”

## Step 7: List Realizations & Lessons

 *These are general lessons & realizations about yourself and the world that occurred over the past year.*

*Based on your Moments & Milestones, Wins & Accomplishments, Mistakes & Anti-accomplishments, and your 80/20 analysis, you should have some hard-earned lessons & newfound realizations.*

*Now, it’s time to crystallize them so you can bring them into the next year & share them with others.*

*To further get your reflection juices going, you can answer these questions below.*

**What gave you the most joy this past year?**

**What weighed on you and caused you the most stress?**

**What was the challenging moment where (afterwards) you experienced the most personal growth?**

**What was the most surprising project, person, or experience of the past year?**

**Which relationships had the biggest positive impact on your happiness and growth as a person?**

**What were 3 of the hardest conversations you had? And what did you learn from them?**

**Which relationships caused you the most unhappiness or stress?**

**What's 1 new thing you learned about yourself this past year?**

 *Now, distill what you learned about yourself & the world into short sentences & frameworks you can take with you into the new year.*

## **Lessons & Realizations of 2022**

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

- 9.
- 10.

## Step 8: Start, Keep, Stop

 Based on your 80/20 Analysis, to make next year's goals highly actionable we encourage you to list out the Top 3 things you want to Start doing, Keep doing, and Stop doing for each bucket—based on priority.

*What do you need to do to make this next year your best year yet?*

### **Health (Physical, Mental, Spiritual)**

-  Start Doing
-  Keep Doing
-  Stop Doing

### **Wealth (Investing, Spending, Earning)**

-  Start Doing
-  Keep Doing
-  Stop Doing

### **Relationships (Friends, Family, Romantic)**

-  Start Doing
-  Keep Doing
-  Stop Doing

### **Experiences (Travel, Leisure, Hobbies)**

-  Start Doing
-  Keep Doing
-  Stop Doing

### **Business (Personal, Team, Career)**

-  Start Doing
-  Keep Doing
-  Stop Doing

## Step 9: Weekly Tracker

 Finally, you want a system to keep these new goals of yours Top-Of-Mind (this will also make your Yearly Review next year even easier.) Each week, use this tracker to keep tabs on your Wins, Mistakes, and adding any “shiny objects” to your Later List.

### Weekly Review

- **Wins & Accomplishments For The Week**
  - 
  - 
  - 
- **Mistakes & Lessons Learned For The week**
  - 
  - 
  - 
- **Later List**
  - 
  - 
  - 

Do this every week for 52 weeks in a row, and you will unlock exponential outcomes.

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## Step 10: Turn Your Yearly Review Into Content

 Now, don't just keep your Yearly Review to yourself! All this reflecting should give you weeks and weeks of valuable lessons & takeaways to turn into content. Because chances are, if something helped you this past year, sharing it would help someone else on their journey as well.

**End Of Year Prompts: 15 Individual Tweets/LinkedIn Posts You Can Use To Turn Your Takeaways Into Content**

- X Lessons Learned In 2022
- X Questions To Reflect On Your Year
- X Best Sub-\$100 Purchases
- X Accomplishments (And Why You're Proud Of Them)
- X Helpful Frameworks I Learned This Year
- X Mistakes You Made This Year—And What You Learned From Them
- X Things I Changed My Mind On This Year
- X YouTube Videos Worth Watching This Year
- X Favorite Books I Read This Year
- X Favorite Podcasts From This Year
- X People I Started Following This Year Who Added Value To My Life
- X Positive Habits I Started This Year
- X Bad Habits I Broke This Year
- X Online Courses I Took This Year—And What I Learned From Them
- X Favorite Twitter Threads I Wrote This Read
- X Favorite Twitter Threads I Read This Year
- X Habits I Want To Build In 2023
- X Books I Want To Read In 2023
- X Goals I Have For The Year Ahead
- X Frameworks I'm Using To Guide My New Year
- X Books I Will Re-Read This Next Year
- X Skills I Acquired This Year (That I Didn't Have 365 Days Ago)
- X Software Tools I Started Using This Year (And Are Worth The Money)
- I Wrote Y Tweets In 2022. These Were The X Highest Performing Ones

 **And if you want to put these into practice by writing & publishing to kickstart the new year, join the next cohort of [Ship 30 for 30!](#)**

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## **Best of luck with your Yearly Review!**

**We hope you emerge with clarity on 2022 and excitement for 2023.**

If you have any questions, advice for ways to improve The Yearly Review, feel free to reach out to us on Twitter [@dickiebush](#) and [@nicolascole77](#)

***Wishing you the very best in 2023 and beyond!***

Dickie Bush & Nicolas Cole