

~ **Self-Loving Annual Review Worksheet** ~
Brought to you by *Inner Alchemy* (Michelle E Taffe)

What was the most **self-loving thing** you created in your life this year?
(Hint: this can be anything, a physical space, and emotional space, a relationship, an adventure, an art piece)

In what ways did you step out of your comfort zone this year and into your fears?
What did you learn about your fears from this experience?

What did you let go of this year, which allowed more space into your life?
(Hint: could be a belief system, an idea about yourself, a project, a job, a place, a relationship)

What limiting self-concept did you let go of this year?

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What thing that you have been putting off did you do this year?

What new beliefs about yourself and your capabilities did you plant this year?

What adventure did you plan and create for yourself and / or others this year?
(Hint: Can be as simple as a picnic with friends or as complex as a trip around the world)

What was the key thing you learned this year?

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What are your Top 10 Highlights of 2018?

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