



GOOD LIFE PROJECT® 2021 YEAR-END REVIEW GUIDE

VITALITY



This is one-page guide complements the Good Life Project® Year-End Review podcast episode. Feel free to tailor the ideas to your own life-circumstances, needs, and processes. Always be guided by your own intelligence. Recommended approach - listen to the audio all the way through once. Then, listen again, pausing and referring to this page to help guide your questions and answers. You can find the Good Life Project podcast on your favorite podcast platform.

CONNECTION



The 5 Clarifying Questions that allow you to see more clearly how full or empty each Good Life Bucket™ is, why, and what, if anything, to do about it.

For each element, in each bucket, we ask:

- What level is it at now (rank from 1-10)?
- Where has it been over the last year (high/how/average)?
- What have been the main contributors to this level, both within and outside my control?
- Am I content with both the ambient/average levels for the year, and where I am now?
- What, if anything, might I think about changing as I prepare to plan for the year to come?

CONTRIBUTION



Remember, it's not about casting judgment, but rather getting honest, so we can be accurate and intentional as we look to the year ahead.