

MY 2018 REVIEW



“The definition of insanity is doing the same thing over and over again and expecting different results.” —Albert Einstein

I cherish every opportunity to be in the space in-between.

The last days of each year give me a unique opportunity to slow down and experience a liminal moment; 2018 is getting to its end and 2019 is waiting to begin.

If you have a Facebook account you've probably received the Year in review 2018 video. All the media are flooded with the list of best and worst things happened in the last 12 months. And I bet you are feeling a bit of pressure to define your goals for the next year. But how can you review this year to extract some meaningful insights for the next one?

I'd love to share with you the process I have created for myself.

First thing, your mindset; I challenge you to look back at 2018 as if the whole year was just the preparation for the next one. Everything you've done, everything that has happened, all your experiences were just there to set you up for the best year ever; 2019.

With this mindset, I created a few questions to help you with your self-inquiry. Take some quality time for yourself to reflect on those questions and don't forget to have fun.

The five greatest lessons I've learned this year that can help me grow more in the future:

1.

2.

3.

4.

5.

Three insights that I have discovered about myself that have helped me become more of who I am:

1.

2.

3.

Three unique strengths, talents or skills that I've expressed in the last year:

1.

2.

3.

Three moments in which I have lived my vision and my values:

1.

2.

3.

Three circumstances in which I feel I have expressed all my human potential:

1.

2.

3.

The single best decision I've made in the past year:

The most courageous action I took last year:

Three people that I want to celebrate this year (and for what):

1.

2.

3.

Three things I am ready to let go in 2019:

1.

2.

3.

Three things I want to keep doing in 2019:

1.

2.

3.

Three things I want to start doing in 2019:

1.

2.

3.

Three unique strengths, talents or skills that I want to further develop in 2019:

1.

2.

3.

Three things I want to celebrate in 12 months from now:

1.

2.

3.

“To learn and not to do is really not to learn. To know and not to do is really not to know.” — Stephen R. Covey,

I hope that these questions had helped you find some meaningful insights about yourself and your life that can help you define the direction you want to take in 2019.

But, as Tasha Eurich explained in her last book, *“insight is pointless if we don't put it to use”*.

Only when we act on what we learn, we move forward and grow. If you need support to design your way forward and take concrete actions to realise your extraordinary human potential, drop me an email at me@fabiosalvadori.com to arrange a conversation.