

2020 YEAR IN REVIEW

What went well this year --

- **Quarantine with Claire** — This year presented a lot of challenges, and I'm very grateful that my relationship with Claire was really only strengthened by them. I think we tested our relationship in so many new ways throughout the various lockdowns and general restrictions that were imposed on us. Through it all, we were there for each other — keeping honest with our fitness, staying healthy with our food, lifting each other up, and having a laugh.
- **A New Business Beginning** — After much deliberation, I broke free from Google! When I sat down to write 2019's reflection, the vision I had of my new business was much different than what reality was going to allow. I set a modest goal of £40k in revenue in Year One, and 8 months in had already 2x'd that number. Not only is the financial aspect of the business healthy, I feel like I'm making a difference in peoples' lives with my work.
- **One Percent Wisdom** — I started writing my own newsletter this year and wrote around 30 editions! Week-in, week-out, I put pen to paper, pushed myself out of my comfort zone, and put ideas out into the world. Over 500 people are reading it each week.
- **Biking Man** — This was the epic adventure my heart and soul needed in 2020. It was an absolute highlight of the year filled with laughter, friendship, nature, music, and magic. Stronger. Stranger.
- **Vegan-ish** — 2020 was my most veggie/vegan year ever. It was the first period in my life where I felt truly comfortable eating a plant-based diet and had very little - if any - worry about missing meat. We experimented with our diets throughout the year, sometimes treating ourselves to fish on the weekend, or a cheeky pint of greek yogurt, but I never felt like I was "missing" anything when we ate totally plant-based.

What did not go well this year --

- **IRL** — when the first quarantine began, I felt like I could thrive in a slower, more isolated way of life. However, the lack of in-person interactions really took an emotional toll on me. I missed all of the "everyday" bits of life — going to a yoga studio, reading a book in a coffee shop, seeing a friend for dinner.
- **Family** — I really wanted to spend significant, quality time with my family this year but the pandemic prevented it from happening. We had to cancel a trip with Mom & George to London, my plans to stay in Minnesota for a month in August were scrapped, and a

dream visit to Ireland with Grandpa Bob and Grandma Carole was postponed. Plus, I only saw Maeve once and I still haven't seen August who turned 6 months old today :(

- **Travel** — I missed the energy and inspiration I get from seeing new places. Even though I got some good trips in before COVID, the feeling of being stuck in one place for 6+ months was hard on me.

What I want to focus more on in 2021 --

- **Writing** — I know writing is good for my soul, helps me clarify thinking, and serves other people plus my own business interests. At the same time, it's hard. I want to invest in a writing coach and set up a better system to keep my practice strong.
- **Compassion** — To me, this is the mother of all virtues. I'd like to invest more energy into loving-kindness, compassion, and metta meditations, plus I want to increase the time I spend on service-related work.
- **Confront** — Honesty, integrity, and candor are important to me. I know that facing life head on matters. The word "confront" does not need to be aggressive or harsh. To me, it means to be honest in my relationships, be truthful to myself, and to not shy away from difficult or uncomfortable situations.

Other highlights from the year --

- **Lonny & Polly's Wedding** in Arizona, plus a trip with Keegan, Molly, Abby, and Dad to Sedona.
- **Bike-Camping with Claire** outside of London at Badgells Wood campsite
- **Turning 30** and celebrating with Claire at the Sky Garden and Borough Market, then with a Saturday stroll through Hampstead Heath with good friends
- **Psychedelics with Claire** — we entered alternate universes together; we danced, we laughed; we pondered, and I loved every minute of it.
- **Thanksgiving Dinner** at J & Patrick's house, creating a space to celebrate friendship and community, while sharing gratitude for all of life's gifts, even during a pandemic
- **I'm an Uncle (again)** with the birth of August <3

Travel highlights from the year —

- **Bulgaria:** Plovdiv to coach Mirela's VC fund
- **Estonia:** Tartu with Carlos and Martin
- **Brazil:** Sao Paulo with Andre, Fe, Gio, Genna, Elias, and the GFS squad.
- **Canada:** Whistler with Claire, Mom, George, Britt, Noah, Maeve, Chris, and Caroline

Past Years in Review: [2019](#)

[RATING LAST YEAR]

What I want to focus more on in 2020 --

- **Teaching:** I'm keeping with me the belief that "every action you take today is a vote towards the type of person you want to become." This motivates me to embody the seat of the teacher in my daily life. I will teach every day, no matter if it's just for 5 minutes. And I'll never 'miss twice' or break the chain of action.
 - **[SCORE - 8/10]** — I didn't really remember to do this, but I still feel like I embodied it throughout the year. I taught a lot of online workshops, and really pushed myself as a teacher.
- **More consistency with fewer friends:** I believe that going deeper with fewer friends will serve me well this year. I've really expanded my friend group in 2018-2019 through Magic Manor, YTT, SIY TTT, and just living with an open heart. This year, I want to be dedicated to depth. Friends that inspire me and nurture me now are Graham, Oli, Colley, Patrick, Stefano.
 - **[SCORE - 8/10]** — I think this went well, even though COVID-19 was a major disruption. I definitely spent more time with Graham, Oli, and Patrick, but not as much with Stef or Colley.
- **Financial freedom:** every dollar saved is a minute of your life you get to live on your own terms. This year, I will focus on making wise financial decisions, from cooking my own food, to choosing activities that cost less, to having more awareness of my spending month to month. I don't need to sacrifice investing in my health or knowledge, and I can gain freedom through lowering expenses on eating out, travel, and entertainment.
 - **[SCORE - 9/10]** — I'm really happy with my progress here. It was the first year I really was diligent and consistent with my spending and budgeting.
- **Mobility:** this is the year of the 'Supple Leopard' :) I will incorporate The Ready State mobility training into my regimen, and increase the mobility in my hips, ankles, and

shoulders. This will be measured through working with a trainer and/or self-made videos.

- **[SCORE - 7/10]** — I definitely made progress, but I lost my focus on this goal. Fitness was definitely a win for the year, but I could have gone further with mobility.