

2. What were my 2 greatest successes/memories from 2019?

4. Looking back at how I spent my time, what were the top 2 factors I optimized for in my life and career in 2019? (Examples of what I optimized for could be money, learning, family, title, impact on company, fame, etc.) Did I optimize for the same things I will measure my life with?



Part II – Look forward

5. What are 1-2 themes I am thinking about for 2020? Are there any “process goals” (again, 1 or 2) I want to commit to?

6. What 1-2 skills do I want to develop in 2020 (professional and personal)? What actions am I going to take to develop them?

8. Who are 2 people I'd like to stay in better touch with in 2020?

10. What are the 1-3 most important core values or principles that form my personal culture? Will these change in 2020?