

10 Questions – Annual Reflection 2024

"Sometimes, we need to just take a step back and look back at how the pieces fell. When we do that, we see what was important and what never was."

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1. What are the top 2 themes/memories/moments I will remember 2024 for?
2. What were the 2 biggest lessons I learnt in 2024?
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3. We learn from a mix of 3 sources - i) taking action and reflecting on our experiences, ii) people, and iii) books/courses or synthesized information. What did my mix look like in 2024? What would I do differently in 2025?
i) Action + reflection:
ii) People:
iii) Books/synthesized info:
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"Show me your schedule and I'll show you your priorities."

4. Looking back at how I spent my time in 2024, what were the top 2-3 themes/buckets x processes/outcomes I prioritized (Examples: Career - prioritized ABC project or getting a raise, Health - prioritized more outdoor exercise or losing 10 pounds)? Did what I prioritize align with what I intended to prioritize/were there any surprises?
5. What are the top 2 themes/buckets x processes/outcomes I intend to prioritize in 2025?
6. What do I most need to learn in 2025 and how do I plan to do this?



"How we hope it works: Commit \to Take action How it actually works: Commit \to Fail \to Recommit \times 20 \to Recommit \to Take action"

7. What are habits/checkpoints I have in place to recommit to my priorities? (E.g. weekly/monthly check in)
8. What have I got planned in 2025 to prioritize renewal and memorable experiences (e.g. holiday plans, weekend activities, hobbies)?
9. Health, close relationships, and money are foundational to the quality of our lives on this planet. What are my guiding principles or habits as I think of these dimensions in 2025?
Health:
Close relationships:
Money:



"If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them."

10. Do I have a personal philosophy - a set of principles and/or virtues that I want to live my life by? (If not, would I consider putting together a first version?) What have I learnt about them in my attempts to live them? Do I plan to evolve them in 2025?

[Note: Virtues are values we actually embody. Inspired by the code of the Samurais, the difference is what we believe (values) vs. what we do (virtues). Our values become virtues when living them costs us money, time, or something valuable]