



My Postgame Review: The Best and Worst

Step 1. Write down all of your “wins” and successes over the last year.

On the next page, list 10-20 things that you achieved or experienced that make you feel good. What are you proud of? Whether they’re large or small, own your best moments this past year.

Step 2. Now write down the mistakes you made last year.

What things didn’t go as well as you would have liked? What disappointments, losses, or mistakes did you make? Write them down. Remember, those who don’t make mistakes, don’t create. Consider it a good thing to have this list.

Step 3. Next to every win and mistake, write down the specific behaviors, ways of being, or mindset that contributed to each outcome.

In other words *who were you being and what were you doing* that contributed to your wins and mistakes? (Example: **Win-** I completed a project I’d talked about for years. **Insight -** When I brought in others to help me, committed to it publically, and took some risks before I thought I was ready, it happened. **Mistake –** I took seven extra months to make a decision and lost an opportunity, money, time and peace of mind. **Insight -** I stalled on making decisions. I focused on the problem and current circumstances rather than on my vision. I hid behind refining my ideas. I didn’t get in front of my ideal client and add value enough.)

Step 4. Look at the common themes and write your Success Formula.

What common themes do you see from both your wins and mistakes? Write down the 3-4 lessons that strike you as being most important. These may include things you want to keep doing or stop doing. These are the keys to your success formula for this year!



My Success Formula: When I _____, _____, and _____ my work and life thrive.

Step 1: List Your Wins last year.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Step 2: List your mistakes from last year.

- 1.
- 2.
- 3.



4.

5.

6.

Step 3: List the behavior, ways of being and/or mindset that contributed to each win and mistake above.

Step 4: Identify the 3-4 common themes. Then write them into the Success Formula below.

1.

2.

3.

4.

**My Success Formula: When I _____, _____,
and _____ my work and life thrive.**