happy BLACK WOMAN
CREATE YOUR IDEAL LIFE

2017-2018 ANNUAL REVIEW/PREVIEW REFLECTION GUIDE

ROSETTA THURMAN
"Learn to get in touch with silence within yourself, and know that everything in this life has purpose. There are no mistakes, no coincidences, all events are blessings given to us to learn from." - Elizabeth Kubler-Ross

The end of the year is the perfect time to reflect on your experience of 2017 as well as set intentions for what you desire to experience in 2018.

This is a special guide for the annual review/preview process we are doing in the Happy Black Woman community to reflect back on 2017 and plan ahead for an amazing 2018.

Join us to journal and/or blog about your reflections and plans!

Why is it called a “review/preview?”

One of my previous bosses (and mentors) used to have all the staff submit a one-page review/preview on a weekly, monthly and quarterly basis.

The idea was to “review” the previous week, month, or quarter by looking at your accomplishments and lessons learned during that time period.

The review highlights what worked and what didn’t – what went well and what you could have done better.

The “preview” part came afterwards and it’s where you outlined your plans for the next week, month or quarter.

The preview was an opportunity to outline a game plan for future progress or set new goals for a specific time period.
I found it to be a powerful tool for my own productivity and growth in both my personal and professional life. So, now I’m passing my version of the process on to you!

In this guide, I’ll be sharing a set of reflection questions that you can utilize for your own annual review/preview.

I encourage you to set aside about 90 minutes of quiet time in your bedroom or other private place to complete this journaling exercise.

You may wish to light a scented candle or incense to bring positive energy to the room as you go through this process.

Also, be sure to join my FREE private Facebook group to get additional training and support from me as you go through this process. Our Happy Black Woman Tribe is a high-vibe community for ambitious black women who want it ALL!

**CLICK HERE TO REQUEST ACCESS TO THE PRIVATE FACEBOOK GROUP:**

[happyblackwomantribe.com](http://happyblackwomantribe.com)
What you'll need for your annual review/preview:

- A block of quiet time (at least 90 minutes)
- Your favorite journal or notebook
- Your favorite pen
- OR a laptop/tablet and a blank Word document, if you prefer to type
- Optional: a scented candle or incense to bring positive energy to the room

You can write up your reflections in your journal, type them out on your laptop/tablet or simply print out this guide and enter your responses in the spaces provided. You may also wish to post your responses publicly on your blog to create accountability for yourself in the coming year.

CLICK HERE TO PURCHASE A HAPPY BLACK WOMAN NOTEBOOK:  
happyblackwoman.com/shop
“The unexamined life is not worth living.” - Socrates

This is Part 1 of a powerful process to help you reflect on 2017 and plan for an amazing 2018.

Set aside at least 45 minutes to give yourself enough time to answer the following questions.

After 12 whole months, it can be easy to forget all the things that you experienced over the past year.

So here’s your chance to look back on everything that came into your life in 2017.

Below are 10 reflection questions that you can use to conduct your review of 2017.

It may be difficult to think back over the course of a year, but do your best to quiet your mind, be still and remember what was important.
WHAT I WANT TO REMEMBER ABOUT 2017

1. What goal am I most proud of achieving this year?

2. What was the most valuable lesson I learned this year?

3. What was the best...
   - Place I visited?
   - Book I read?
   - Movie I watched?
   - Artist/song/album I listened to?

4. What was my favorite experience or memory from 2017?

5. What word or phrase best describes my experience of the past year?
WHAT I WANT TO LEAVE BEHIND AS I ENTER 2018

1. What was the #1 challenge I had to face this year? How did it affect me?

2. What goal did I make the least progress on this year?

3. What was the biggest mistake I made this year? What did I learn from it?

4. What area of my life did I neglect the most in 2017?

5. What do I want to STOP doing in 2018?
“Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice.” - Unknown

This is Part 2 of a powerful process to help you reflect on 2017 and plan for an amazing 2018.

Set aside at least 45 minutes to give yourself enough time to complete the questions.

Now that you’ve given yourself a chance to reflect on 2017, it’s time to look forward to what you want to see in your life next year.

Consider this a “preview” of 2018.

The following set of 10 guiding questions will help you set intentions for what you want your life to look like in 2018.

Remember, this is YOUR vision, so be completely honest about what you truly desire!
WHAT I WANT TO BRING INTO MY LIFE IN 2018

1. What do I want to say YES to in 2018?

2. Which relationships do I want to cultivate or strengthen in 2018?

3. What new experiences do I want to have in 2018?

4. What new places do I want to visit in 2018?

5. What do I want to cross off my “bucket list” in 2018?
WHAT I WANT MY LIFE TO LOOK LIKE IN 2018

1. What 3 goals do I most want to accomplish in 2018?

2. Which part of my life do I want to pay more attention to in 2018?

3. What do I want to START doing in 2018?

4. What do I most want to learn in 2018?

5. What word or phrase best describes what I want to experience in 2018? (This becomes your “theme word” for the year!)
TAKE THE NEXT STEP…

Continue your reflection and goal-setting process by joining Rosetta LIVE January 12-14, 2018 in Fort Lauderdale, Florida for our annual Manifest Your Vision 3-Day Mindset Retreat!

This 3-day transformational experience will help you discover your purpose, develop your vision, break through your barriers and take inspired action to manifest your dream life in 2018.

CLICK HERE TO REGISTER
NOW: manifestyourvision.com
Register Now for the 2018 Manifest Your Vision 3-Day Mindset Retreat!

Your retreat ticket includes 3 days of personal development, goal-setting and manifestation workshops with Rosetta, powerful sessions with our guest speakers, dedicated time for yoga, journaling and reflection, PLUS a fun "Girls Night In" Vision Board Party and our signature Board-Breaking Experience!

CLICK HERE TO REGISTER NOW:  
manifestyourvision.com

The Manifest Your Vision 3-Day Mindset Retreat is perfect for you if:

- You’re long overdue for some dedicated “me time” where you can indulge and reflect
- You’re in the midst of a transition in your life and looking for guidance as you figure out your next step
- You want to build new friendships with like-minded women who are on the path to happiness, success and freedom
- You want to finally stop procrastinating and make progress on your personal and professional goals
- You want to be supported and be seen for who you really are without being judged
- You have been “in a rut” for months, years or even decades and it’s time to get unstuck!
- You long to find your purpose and create more meaning in your life and work
- You’re ready to eliminate the behaviors that are holding you back from being happy
- You know you’re meant for more and desire to cultivate the entrepreneurial spirit within
- You need to get clear about your goals for 2018 and beyond
Over the course of 3 powerful days, you will learn how to retrain your brain, unlearn self-sabotaging behaviors and implement daily manifestation practices to achieve your big goals and create your dream life.

I hope you will treat yourself to a life-changing weekend with me and our supportive Happy Black Woman tribe LIVE in Florida!

If you have any questions about the retreat, please contact us at support@happyblackwoman.com so we can help you ASAP before registration closes. See you in Fort Lauderdale!
ABOUT YOUR MENTOR

“You can do anything you want with your life and no one can stop you…but you.”
– Rosetta Thurman

**Rosetta Thurman** is the Founder of Happy Black Woman, a global personal development company and lifestyle brand dedicated to educating, inspiring and empowering black women to create their ideal lives. She is committed to helping black women all over the world experience happiness, success and freedom in life and business.

As an author, speaker, mindset coach and business mentor, Rosetta teaches black women how to achieve their big goals faster than they ever thought possible.

Rosetta is the author of *Launch Your Business: The 5 Step Solution to Do What You Love, Quit Your Job and Have the Freedom to Travel and Live Life on Your Own Terms* and the co-author of *How to Become a Nonprofit Rockstar: 50 Ways to Accelerate Your Career.*

Rosetta currently lives in beautiful San Diego, California. When she’s not writing or speaking, you can find her on a plane traveling to the next city on her bucket list, in the kitchen cooking up a new recipe, dancing to 80s R&B music or snuggled up in her favorite chair with a good book and a glass of red wine.

Her motto is: “You can do anything you want with your life and no one can stop you…but YOU!”

*Click here to learn more about Rosetta and the Happy Black Woman tribe: happyblackwoman.com*