

WB 5.3 — Yearly Review

A full-system review at the 12-month mark.

Purpose A year of practice deserves a full look back. This review takes stock across all seven baselines and your key tools, celebrates genuine growth, and sets the direction for the year ahead.

How to use this page

When: Complete at the twelve-month mark. Give yourself real credit here — that is part of the work.

Done when: You have reviewed the year across baselines and tools, and named one intention for the year ahead.

Worked example

Biggest shift: I trust my body's early signals now instead of overriding them.

Baselines: sleep and connection much stronger; nutrition still a work in progress.

Next year: build on connection — deepen two relationships that matter.

Anchor Phrase: 'A year is worth looking back on.'

Loop stage: Recover

Across the year, how my seven baselines changed (start versus now):

The tools that became part of my life, and the ones I still reach for rarely:

The growth I am most proud of this year:

My one intention for the year ahead:

☐ Self-Reward Loop completed