Year in Review 2026

& 2027 Compass

A workbook for one quiet evening between the years

Month by month

One keyword, one moment, one feeling per month.

January

February

March

April

May

June

July

August

September

October

November

December

Life areas: how satisfied was I? (1–10)

Health & energy	1	2	3	4	5	6	7	8	9	10
Family & partnership	1	2	3	4	5	6	7	8	9	10
Friendships	1	2	3	4	5	6	7	8	9	10
Work & career	1	2	3	4	5	6	7	8	9	10
Finances	1	2	3	4	5	6	7	8	9	10
Learning & growth	1	2	3	4	5	6	7	8	9	10
Fun & joy	1	2	3	4	5	6	7	8	9	10
Home	1	2	3	4	5	6	7	8	9	10
Meaning & values	1	2	3	4	5	6	7	8	9	10

Notes