

# 2021 YEAR IN REVIEW



**Because you like...  
did stuff this year!**

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Hi!

I'm Andi Williams, ethical culture designer and equine assisted leadership coach. I believe every human has an inner badass who calls the shots in their lives, and it's my greatest joy to help you unbridle your inner badass. When your inner badass is unbridled you lead and live more joyfully, free from drama in your money, thought life and leadership, plus you tend to sleep better, feel better, be more active and have better relationships. Life in your body feels fun, free, and filled with love and joy. And seriously, who doesn't want more of that?!

## *The year in review*

***The Year In Review*** is an annual tradition in my world. I've been doing some version of this for the past 10 years and now do some form of it with my clients as well. I massively believe in the power of looking back so we can leap forward. I am stoked for you to try it this year too. Be sure to send me an email at [andi@andiwilliams.com](mailto:andi@andiwilliams.com) to let me know what you learned in your deep dive.

It's really straightforward. Get focused, burn your favorite candle, pour some tea and snuggle in for a little introspection. Simply follow the prompts and complete the scorecard and worksheet. I can't wait to hear what you learned!



# 2021 YEAR END OVERVIEW

**MY FOCUS THIS YEAR WAS:**

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**WHAT WENT WELL:**

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**WHAT DIDN'T GO WELL:**

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**WHAT I LEARNED:**

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# 2021 YEAR END SCORECARD

## Scorecard Instructions

Now that you have some insight into the big picture of your year, Let's score some of the individual areas of focus in your life. Remember to Give yourself some grace, you're doing great.

**RELATIONSHIPS (OVERALL)**

**SCORE:**

**WHAT'S GOING WELL?**

**WHERE ARE YOU STRUGGLING?**

**WHAT WOULD AN A+ LOOK LIKE?**

**WORK LIFE/BUSINESS LIFE (OVERALL)**

**SCORE:**

**WHAT'S GOING WELL?**

**WHERE ARE YOU STRUGGLING?**

**WHAT WOULD AN A+ LOOK LIKE?**

**HEALTH/WELLNESS (OVERALL)**

**SCORE:**

**WHAT'S GOING WELL?**

**WHERE ARE YOU STRUGGLING?**

**WHAT WOULD AN A+ LOOK LIKE?**



# 2021 YEAR END LET IT GO

## *Journaling Prompts*

Amazing work! how are you feeling? Are there any areas where you want to explore your "grade" more? Here are some applicable journaling prompts to help you work through some of these areas. Once you've journaled on them, you're free to let them go.

1. SOMETHING I LEARNED ABOUT MYSELF THIS YEAR WAS...
2. SOMETHING I LEARNED ABOUT OTHER PEOPLE WAS...
3. THE THING THAT I LAUGHED THE HARDEST AT THIS YEAR HAS BEEN...
4. THE MOST FUN I HAD ALL YEAR WAS...
5. THE BEST MEMORY OF THIS YEAR IS...
6. A MISTAKE I LEARNED FROM THIS YEAR... I LEARNED...
7. MY BIGGEST DISAPPOINTMENT FROM THIS YEAR WAS... THE POSITIVE THAT CAME OUT OF IT WAS...
8. ONE TIME I STOOD UP FOR MYSELF WAS... IT SHOWED ME THAT I AM...
9. ONE TIME I STOOD UP FOR SOMEONE ELSE WAS... IT SHOWED ME THAT I AM...
10. THIS YEAR I SPENT THE MOST TIME DOING... IT MAKES ME FEEL...
11. THIS YEAR I PRACTICED SELF-CARE BY... WHAT I'D LIKE TO DO MORE OF IS...
12. THE THING I HID FROM THE MOST WAS... IF I STOPPED HIDING FROM IT, IT WOULD MEAN...
13. THE THING I AM PROUDEST OF IS... IN 2022 I WANT TO DO WHAT WITH THIS THING?



# WHAT'S NEXT, HUMAN?

## *looking ahead at 2022*

You just did a great job of creating momentum to carry you forward into 2022. If you've found this exercise helpful, I encourage you to share it with those close to you. Simply send them here:

[unbridledlife.co/resources](https://unbridledlife.co/resources)

Did you notice anything particularly good or uplifting about yourself? I thought you might. Send me an email to tell me, why don't you?

Did you notice any areas of focus for 2022? Maybe your relationships could use some TLC? Or your physical or mental health? Maybe your finances can benefit from an intervention? Or your work/business life?

Maybe you noticed an area of opportunity but you have no idea how to start?

My best advice would be to identify the area you need help in, and find the right coach, mentor, course or resource to help you excel in that area.

Thank you for investing this time into yourself. I wish you the absolute greatest 2022 possible! And if you think I might be the right leadership coach for you... you know where to find me!

*xoxo  
Andi*

