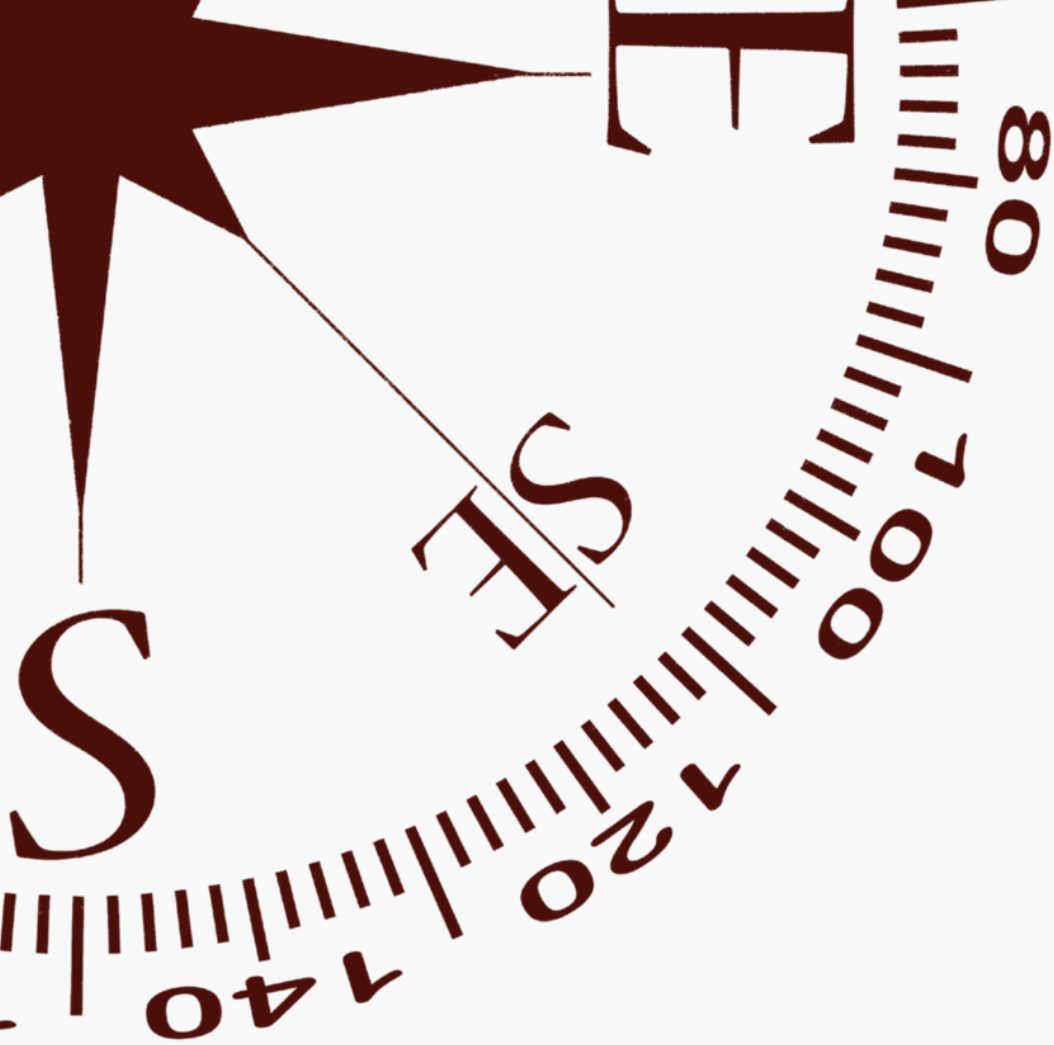




Annual Review 2025

A different kind of year-end review — your
compass for a more connected life.



Welcome to your personal Annual Review.

This isn't a tool for self-optimization.

It's an invitation to pause — and to set your direction for the coming year with more intention and heart.

Take your time. Sit with the questions. Be honest with yourself. The real insights often lie beneath the surface.

With appreciation

A handwritten signature in black ink, appearing to read 'J. Bachmann', with a long horizontal line extending to the right.

Julius Bachmann

How to use this review

You can work through this document on your screen — but I'd encourage you to try something different:

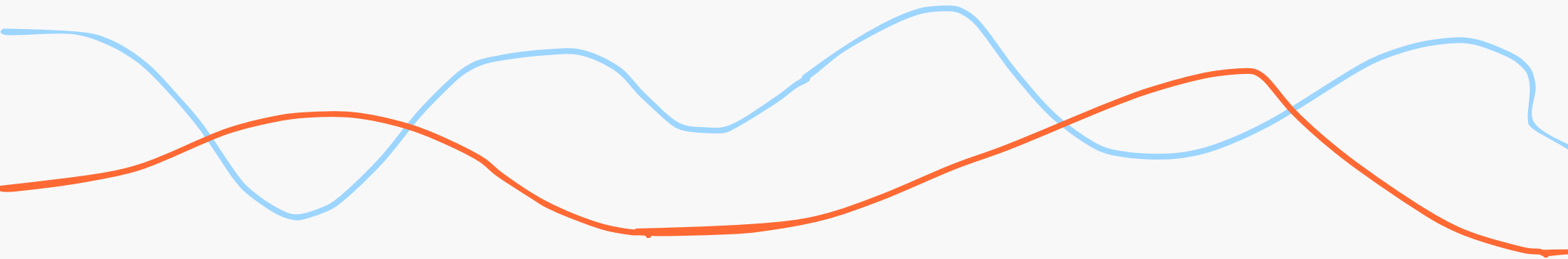
Print it out. Scan the QR code. Find a place where you feel comfortable. Grab a notebook or just a stack of blank paper. Maybe a cup of tea. Maybe silence.

Maybe your Spotify Wrapped in the background.

Then move through the questions one by one, without rushing. Skip questions that don't resonate — but know that the biggest breakthroughs often come from the uncomfortable ones.

Alternative: Scan the QR code to open our Annual Review GPT, a digital companion that helps you go deeper, reflect, or talk through any question you want.

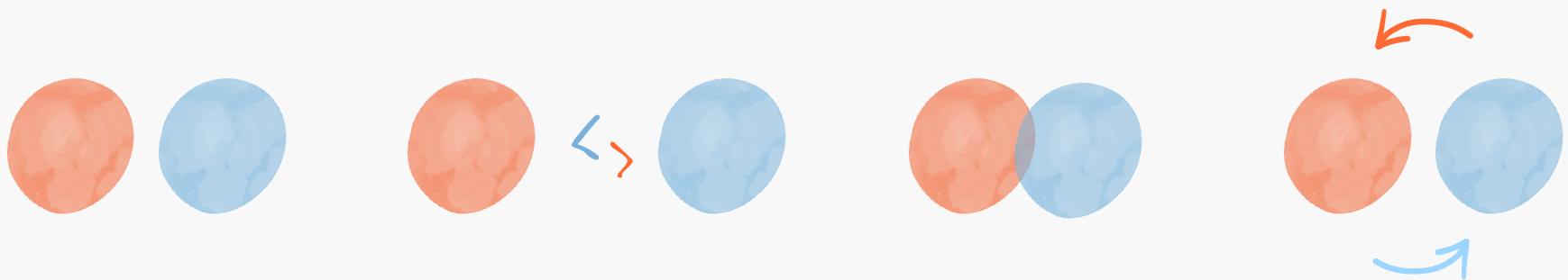




Part 1: Looking back

Before looking ahead, let's honor the year you've just lived.
It held moments, lessons, surprises, and detours. Let's revisit them.

- **Travel through time:** Browse your 2025 calendar, photos, and messages. What stood out?
- **Life lines:** Draw two lines — one for personal life, one for work. Mark the highs and lows. Where did they reinforce each other? Where did they clash?
- **Gratitude:** What are you grateful for when you look back at 2025?
- **Old paths, new insights:**
 - What were your intentions or goals for 2025?
 - What did you learn about those goals throughout the year?
 - What pulled you off track — and why might that have been a good thing?
 - What were the unexpected twists of 2025?
 - Where was the edge of your comfort zone?
 -



Part 2: The Essence of Your Life — Care

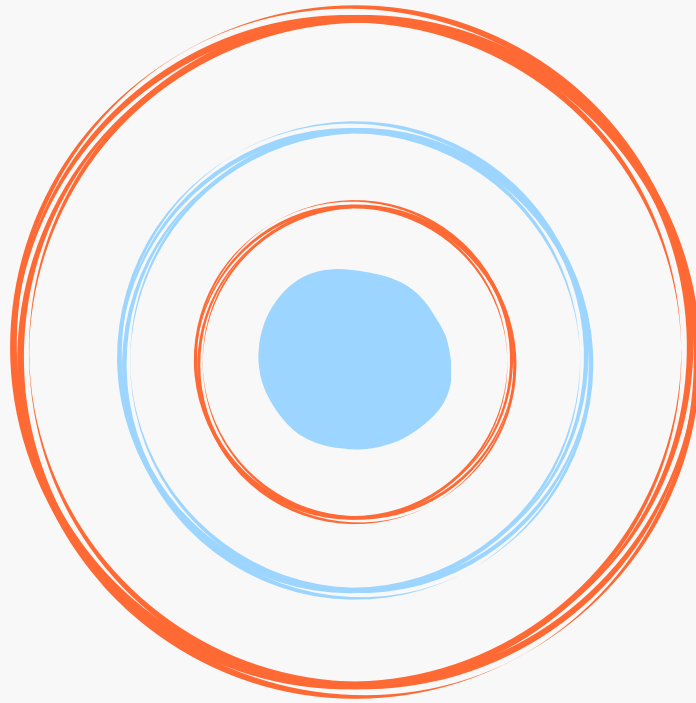
At our core, we exist in relationship. We become who we are through others.

This part focuses on the people who give your life meaning and direction.

“We become an ‘I’ through the presence of a ‘You.’”

- Which 3-5 people truly shape who you are becoming?
- Looking at these relationships, which mode defined them in 2025?
 - Side-by-side (living past each other)
 - Against each other (constant friction)
 - With each other (functional coordination)
 - For each other (mutual nourishment)
- Choose one relationship you want to bring into the “for each other” mode in 2026.

What concrete action or shared practice could start that shift?



Part 2: The Essence of Your Life — Care

(continued)

The four concentric circles of responsibility - Move from inner to outer layers:

1. Relationship with myself:

- a. How will you be a better friend to yourself in 2026?
- b. What's one promise to yourself you will keep?

2. Relationship with your loved ones:

- a. Who is the one person whose energy and wellbeing will be a top priority?

3. Relationship with your work & life's mission:

- a. Who do you want to serve through your work?
- b. For whom do you want to make a real difference?

4. Relationship to the larger whole:

- a. Which wider community, cause, or “us” do you want to contribute to?



Part 3: The Wide Horizon — Your Life in 10 Years

Let's step out of the day-to-day and look far ahead.

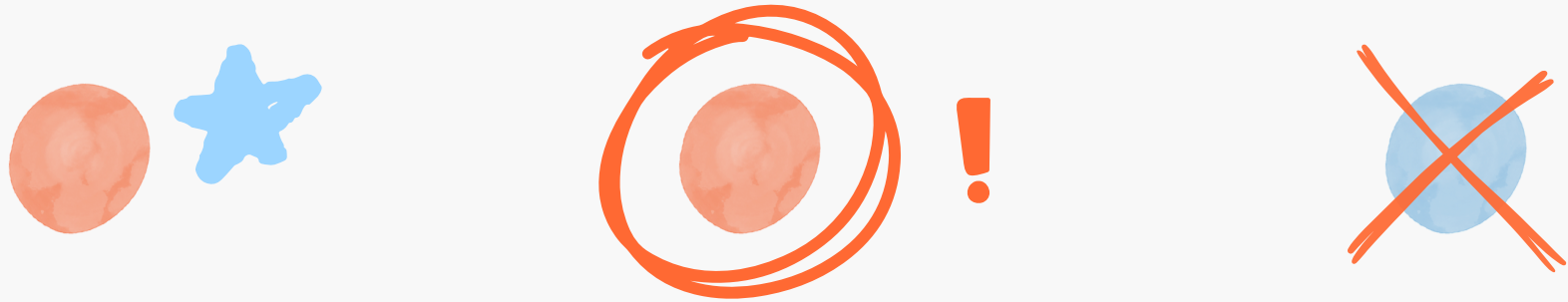
Who do you want to be when time has done its work?

Your legacy in 10 years:

- What are you doing today to be vibrant and strong 10 years from now?
- If you look back at 2026 from 2036 — what still matters deeply?
- Why does it matter that you exist in 10 years? And for whom?

Thinking radically bigger:

- Where does most of your time currently go — your kids, your company, your art?
- Why have you chosen to spend it that way?
- What is a vision of yourself so big that you'd have to rewrite your current plans from scratch?
- If you started pursuing that vision in 2026, what would you need to do?
- What is your unique contribution — your unfair advantage — that makes this vision possible?
- Who are the people who can help you become the person you want to be?



Part 4: Looking ahead

Now it's time to gather your insights and set a clear intention for 2026.
Not rigid plans — but a posture that guides you.

Your three inner voices:

- **Your desired self:** Who do you want to be in 2026 (“a more present father,” “a dependable friend”)? What recurring everyday action would express that identity?
- **Your expected self:** Which expectations come from others — family, friends, colleagues? Which of these expectations do you want to meet? Which do you want to release?
- **Your feared self:** Who do you absolutely not want to become?

Your plans and projects:

- What sits at the edge of your comfort zone for 2026?
- Brainstorm all the goals and desires that come to mind — uncensored.
- Then prioritize:
 - Which themes matter most?
 - What are the five most important items?
 - And the three truly essential ones?



Part 5: The Feeling of Home

In the end, life isn't only about what we do — it's about how we feel.
A good life feels like arriving.

- What will be your most precious moment in 2026?
- How do you want your life to feel in 2026?
- And what's one thing you can do in the next 24 hours to nudge your life in that direction?