



YOUR LIFE REVIEW

A Guided Workbook

An Honest Look Back, An Open Hand Forward

"Search me, O God, and know my heart; test me and know my anxious thoughts."

Psalm 139:23

Name: _____

Date Started: _____



How to Use This Workbook

This workbook is built around five movements of an honest life review: looking at your time, your patterns, your relationships, your growth, and your walk with God. Each section pairs a scripture with reflection questions and space to write.

A few suggestions before you begin:

- ☐ Set aside real, unhurried time — not a rushed ten minutes. An hour, a quiet morning, or a weekend retreat all work.
- ☐ Work through the sections in order, or start wherever feels most pressing right now.
- ☐ Write honestly. This workbook is between you and God — there's no version to perform for anyone else.
- ☐ Pray before you begin. Ask, as David did, for God to do the searching alongside you.
- ☐ Expect to find both encouragement and correction. A good review holds both.

| *"Teach us to number our days, that we may gain a heart of wisdom."* — **Psalms 90:12**



Section 1: Where Has My Time Gone?

"Be very careful, then, how you live — not as unwise but as wise, making the most of every opportunity."
— **Ephesians 5:15-16**

Before looking at intentions, look at evidence. Review your calendar, your habits, and your typical week as they actually happened — not as you meant them to happen.

Looking back over the last season of your life, where did most of your time actually go?

What did you give the most energy to — and was it what you would have chosen, if you'd chosen on purpose?

What kept getting pushed aside, even though it mattered to you?

If someone reviewed only your calendar and bank statement, what would they conclude you value most?



Section 2: Patterns and Habits

| *"A man reaps what he sows."* — Galatians 6:7

Patterns compound quietly. A habit repeated daily rarely feels significant in the moment — but a year of it becomes a season of your life. This section is about naming the patterns, both the ones bearing good fruit and the ones you've been avoiding looking at.

What habits — good or harmful — have quietly shaped who you're becoming this past year?

Where have you grown? Be specific. What's genuinely different about you now?

Where have you stayed the same, despite knowing better?

Is there a pattern you've been avoiding examining directly? Name it here.



Section 3: Relationships

| *"As iron sharpens iron, so one person sharpens another."* — **Proverbs 27:17**

Few things shape a life more than who's close to it. This section asks you to look honestly at the people you've let shape you — and the people you may have neglected.

Who has had the most influence on you this past season — and has that influence been drawing you closer to God or further away?

Which relationships have you invested in well? Which have you neglected?

Is there anyone you owe an apology, a conversation, or reconciliation you've been avoiding?

Who has been a source of encouragement or accountability — and have you thanked them?



Section 4: Growth and Stagnation

| *"He who began a good work in you will carry it on to completion."* — **Philippians 1:6**

This section holds two things at once: honest acknowledgment of where you've stalled, and genuine gratitude for evidence of grace already at work. Don't skip the second half — a review weighted only toward failure becomes discouraging rather than clarifying.

Where do you feel spiritually stagnant — going through motions without real growth?

Where can you see clear evidence of God's work in you, even in small ways?

What would meaningful growth look like in the next season — and what's one small next step toward it?



Section 5: Inviting God Into the Review

"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." — Psalm 139:23-24

This is the heart of the whole exercise. A life review done alone, on your own judgment, easily slides into either harsh self-condemnation or convenient self-excuse. David's prayer models something different — an invitation for God to do the searching, and a trust that whatever is found, grace is already there to meet it.

Sit quietly and pray Psalm 139:23-24 as your own prayer. What comes to mind as you ask God to search you?

Is there anything you sense God bringing to light that you hadn't named yourself?

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness." — Lamentations 3:22-23

Whatever this review has revealed, remember: you are not on trial. You're in conversation with a God whose mercy meets you fresh, every single day.



Section 6: Examine, Test, and Return

| *"Let us examine our ways and test them, and let us return to the Lord."* — **Lamentations 3:40**

Examination isn't the endpoint — it's the step that makes a real return possible. This final section turns everything you've written into a direction, not just a diagnosis.

Based on everything you've written in this workbook, what is one honest thing you need to change?

What is one thing you want to continue or grow, because it's already bearing good fruit?

Write a short prayer of return — naming what you're bringing back to God, and asking for his help to walk forward differently.



A Closing Word

A life review is an act of courage, not condemnation. You don't need to have your life figured out to look at it honestly — you only need the willingness to ask, as David did, for God to search you.

"If anyone is in Christ, the new creation has come: The old has gone, the new is here!" — 2 Corinthians 5:17

Whatever this workbook has revealed — growth or drift, faithfulness or failure — the road behind you has something to teach you, and the road ahead is still being written. Walk it with an open hand, and a heart willing to keep coming back.

Revisit this workbook each season, and watch how the answers change.