

Year in Review Reflection

Before you record, sit with these for ten minutes:

Where do I speak differently now than a year ago — in real rooms, not just recordings?

One moment I'm proud of (name the room, the day, what I did).

One moment I'd replay differently.

The feedback that repeated itself this year.

What I used to avoid that I now just do.

One thing I'm taking into next year, and one thing I'm leaving behind.

Then the mirror: record your introduction, same brief as ever, and watch your earliest one. Not what's wrong with the old one — what's different.

Be as generous with yourself as you'd be with anyone else here. — One ripple can change the tide.
