

# Useful.

Thriving in a cold and infinite universe where everything is done better, cheaper, and faster by robots

## Retrospective

A new year presents the perfect opportunity for reflection.

Think back on the last year. Without judging yourself, consider the decisions and actions you took, which affected you, your goals, the people around you, and your environment.

What behaviors do you want to take with you into the next year?

### Stop

What behaviors do you want to stop doing this year?

### Start

What behaviors do you want to start doing this year?

### Continue

What behaviors do you want to continue doing this year?

### BONUS:

What is the **one behavior** that has the greatest impact to your life and well-being?  
Take this on as your primary goal for the year.



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