

YEAR END REFLECTION

WHAT ARE YOU MOST PROUD OF FROM THE LAST YEAR?

WHAT CHALLENGES DID YOU FACE WITH STRENGTH
AND COURAGE? WHAT BRAVE CHOICES DID YOU MAKE?

WHAT THINGS WERE LIFE GIVING? WHAT BROUGHT YOU
INCREDIBLE JOY?

WHAT VALUES OF YOURS DID YOU MOST HONOR? HOW?

HOW DID YOU GROW? WHAT LESSONS DID YOU LEARN
ABOUT YOURSELF?

WHAT WAS HARD OR DISAPPOINTING ABOUT THIS PAST
YEAR? WHAT DO YOU NEED TO GRIEVE?

WHAT WAS SCARY?

WHAT CAN YOU FORGIVE YOURSELF FOR?

WHAT THINGS TOOK AN UNPLEASANT TOLL ON YOUR
PHYSICAL ENERGY? MENTAL ENERGY?

WHAT ELSE DO YOU WANT TO SAY OR ACKNOWLEDGE
FOR YOURSELF AS YOU WRAP UP THIS YEAR?