

25 QUESTIONS FOR REFLECTION

FROM THE LAST YEAR

1 What am I the most proud of?

2 What area did I struggle with the most? And what lesson did I learn from that struggle?

3 What are my 3 happiest memories?

4 What was the biggest lesson I learned this year and who were my teachers?

5 What did I accomplish?

6 When was I the most scared? would I handle that fear the same or different?"

7 What habit did I form/break that I'll continue next year?

8 Who made my heart flutter?

9 What was the most synchronistic event that happened to me this year?

10 Who did I spend the majority of my time with? was that energizing or draining?

11 What new skills, hobbies or activities did I try this year?

12 What was my most magical moment in nature?

13 When was I the most fully expressed version of myself? When was I not (and why) ?

14 When did I do something wonderful for someone?

15 When did I allow myself to be helped by someone else?

16 What moment brought me the most joy at work?

17 How did I take care of my health? and in what ways did I ignore it?

18 What money was the best spent? And what money was wasted?

19 What is one thing I created this year?

20 Is there anything to anyone left unsaid?

21 Who or what am I the most grateful for?

22 What surprised me the most?

23 When did I stand up for what I believe in?

24 Where have I healed?

25 What do I know for sure (about myself, about life, about love, etc) ?