

Year in Review

What new things happened to you this year? Did you change jobs, lose a loved one, adopt a pet? Reflect on these changes and how you handled them.

How did your habits and routines serve you this year? Did you develop any new ones, lose any old ones- good or bad?

What were your priorities last year? Were they what you intended them to be?

What were your most memorable parts of last year? It can be helpful to list first by memory, then by month, then review your calendar.

How was your physical and mental health?

What was the best compliment you got this past year?

What did you leave unfinished or let go of?

What gave you energy in the last year?

