



# year in review

## Reflection Questions

Here are some additional questions for you to reflect on to help process your past year and get clarity on the places that need attention in the coming year... offering a starting place of where to focus.

- What have you enjoyed about your personal environment this year? (This would include any place you routinely spend time)
- Is there anything in your environment(s) that brings you routine stress? Can it be changed? If yes, how?
- What are changeable vs non-changeable factors in your environment(s)?
- Name the top five people you spent this year with. What -if any- characteristics from your top 5 have you noticed now in yourself? Is this a good thing?
- What are you most proud of this past year?
- What are you least proud about?
- What are the greatest lessons you have learned from the past year? What is your biggest takeaway from these?



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## Reflection Questions

*Continued*

- What are things you want to work on about yourself? (Try to avoid making these physical goals)
- Do you feel valued and admired by the people you surround yourself with or do you feel something different?
- How do the people around you best uplift and support you?
- How can you more intentionally listen to and nourish your physical self this year?
- What about your Soulful Self?
- What emotional state were you in for the majority of the year? What was your emotional state most influenced by?
- Do you feel valued by your Support System? Are you able to depend on them?
- What are the feelings you felt a majority of this year?



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## Reflection Questions

*Continued*

- Did you create a habit this year that helped with efficiency in home or work? It can be super small...like turning off devices at 7pm every evening.
- What relationships are you most grateful for this past year?
- What simple pleasures have you truly enjoyed this year?
- How did your self-perception change this year? In what ways have you started to see yourself more positively than you did previously? For example, you've realized you've got inner strength or a capacity to cope that you didn't realize you had.
- What have you become most aware of this year within you? For instance, you've become aware that you overcomplicate decisions, and this self-knowledge has been helpful.
- How can you be more intentional with your self-care & self-love this year?
- What are you most looking forward to in the coming year?