

12 QUESTIONS

YEAR-END REFLECTION

1. What moment from this year filled you with the most joy?
2. How have you grown or changed in the past year?
3. What challenge did you overcome that you're proud of?
4. Who made a positive impact on your life this year?
5. What new skill or knowledge did you gain?
6. What act of kindness did you perform or receive?
7. What place brought you peace or comfort?
8. What goal or dream did you make progress towards?
9. What are you grateful for from this past year?
10. What lesson did you learn that you want to carry forward?
11. How did you take care of yourself this year?
12. What's a small, everyday moment you'd like to cherish from this year?