

Annual Reflections

QUESTIONS

Take a trip back in time and immerse yourself in the ebbs and flows of the year. Jot down the first thing that comes to mind as you encounter each question and consider why certain moments stood out to you. What does it tell you about what's important to you and how you're investing your energy? You can answer every question, or just select the ones that are the most compelling to you.

1. What three words best describe your year?
2. What were the stand-out moments from each month?
3. What one event, big or small, will you be talking about for years to come?
4. What were you most grateful for above all else?
5. What made you lose track of time?
6. What was the most challenging thing that happened to you? What did it teach you?
7. What new things did you discover about yourself?
8. What achievements and areas of growth are you most proud of?
9. What was the most memorable place you visited?
10. Which of your personal qualities was most helpful this year?
11. Which books, poetry, or movies affected you most profoundly?
12. What relationships did you invest the most time and effort in?
13. What was the best compliment you received this year?
14. What simple pleasures did you savor the most in your daily life?
15. Was there anything you did for the first time in your life this year?
16. What worries turned out to be completely unnecessary?
17. What was the best use of your time this year? What was the biggest time waster?
18. How did your overall perspective on life evolve?
19. What is one thing you would do differently? Why?
20. What advice would you give your early-year self?

WORDS

- If you selected a word or theme for the year, how did you see it show up in your life? What was your original catalyst for selecting that word? Did you see any shifts that might not have occurred otherwise?
- If you did not select a word, think of one that best represents the arc of your life over the course of this year. Pay attention to the first thing that comes up; that's often where the deepest truth is!



BOOKS

Tracking what you read is an effective way to keep tabs on your mental diet and build some literary stats. (Drop me a line if you'd like a book tracking template!) Here are a few questions to consider.

- What books made you think? Which ones made you feel?
- How much fiction versus non-fiction did you read? (I'm a hearty advocate of reading fiction, and it's great for our brains.)
- Were there any books you especially loved or hated? Why?
- What might this tell you about yourself?

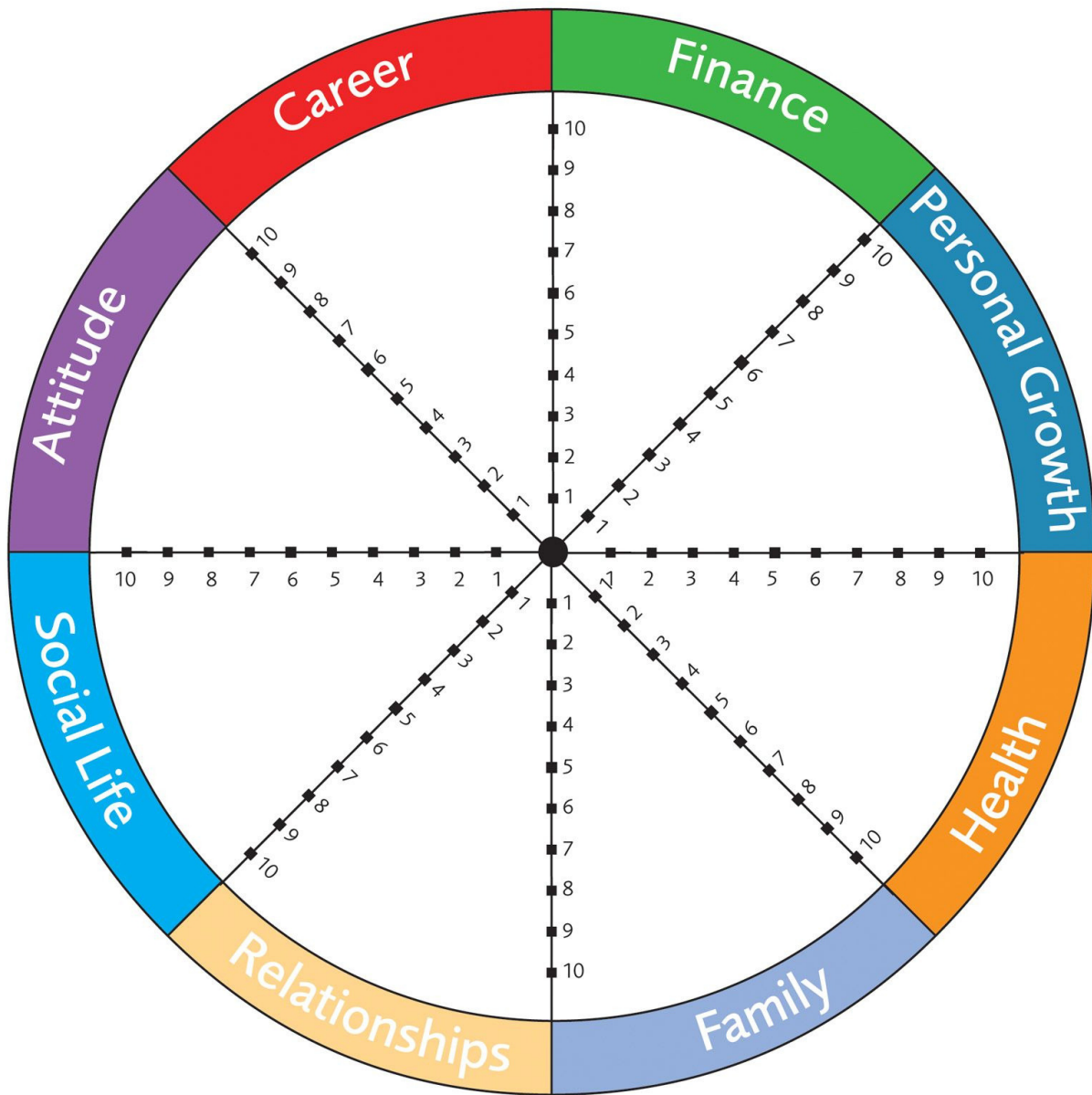


QUOTES

Find a quote, poem, or excerpt that sums up your year. If you're the artsy type, you can also create a doodle or a photo that represents what this year meant to you.

WHEEL OF LIFE

Complete the "wheel of life" to assess how you feel about eight key areas of your life at the close of the year. (There is an online version at <https://wheeloflife.noomii.com>.) This process also lays a strong foundation for next year's goal-setting.



No one suspects the days to be gods.

Ralph Waldo Emerson

