

Questions for the year ahead...



- Based on your review of last year and where you are now, what would you like to focus on this year?
- How can you live more in alignment with your values this year?
- What would you like to accomplish this year?
- What could get in the way of you achieving your goals this year? How will you overcome these obstacles?
- What habits, behaviours or routines are not serving you? What are you going to stop doing this year?
- How will you continue to develop yourself?
- Imagine yourself in one year's time having accomplished everything that you intend to over the next 12 months. What advice would your future-self give you as you begin this year?
- In what ways will you bring some fun and enjoyment into the year ahead?
- What self-care activities would you like to try or continue with in the new year? What will your self-care routine look like this year?
- What relationships will you develop this year and how will you go about doing that?
- What boundaries are you going to establish or maintain this year? How will you do that?
- Think of all the insights you have gained as you have reflected on the past year and what you want going forward. If you were to write a short 'note to self' to keep and remember as you head into this year what would it be?

Note to self: _____