

Questions that will help you to reflect on your year...

Looking back over the last 12 months...

- What did you accomplish? What did you do to achieve those things?
- Where did you spend most of your time?
- Which of your goals did not get accomplished? What got in the way of you achieving those goals (think about any internal, personal barriers as well as external barriers)?
- Are any of these goals still important and relevant to you? If so, what will you need to do differently to achieve these goals?
- What habits, behaviours or routines have served you well? What do you need to keep on doing this year?
- How have you developed over the past year? (Any new skills learned or improved upon? Any personal qualities or strengths that you have put to good use? Any new knowledge gained that has changed your outlook on life in a positive way?)
- What challenges did you face? How did you get through these challenges?
- What moments did you most enjoy and why were they so enjoyable?
- What have you learned from your experiences last year? This could be about yourself, others, or life generally!
- What limiting beliefs do you hold that you need to let go of this year? Considering each belief in turn – what would be a more positive alternative belief to adopt? What will you do to embed these new positive beliefs into your life?
- What relationships have you built or strengthened this year? What relationships need to improve? What would you like to keep the same and what would you like to change in this area of your life?
- Overall, how would you sum up last year?