

End-of-Year Reflection Questions

- What are 3 things you are grateful for at the close of this year?
- How have you grown as a person this year?
- What challenges have you overcome this year, and what have you learned from them?
- In what ways have you taken care of yourself this year?
- What lessons have you learned from your mistakes?
- What books, movies, shows, music, etc. have inspired you this year?
- Describe your favorite memories from this past year.
- How have your relationships evolved this year?
- Describe a moment when you felt the most alive and inspired.
- What unexpected opportunities came your way?
- What new skills or knowledge did you acquire this year?
- What habits or behaviors did you let go of this year?
- How have you practiced gratitude and appreciation this year?
- How did you prioritize your emotional and mental well-being?
- How have you practiced mindfulness and being present in the moment?
- What memorable trips or adventures have you had this year?
- How have you managed stress?
- How have you taken care of your physical health and wellness?
- What are some moments of laughter and fun you have had?
- What risks have you taken that have paid off?

