

# 18 Questions to Help You End the Year Well

1. Describe your year in a single word, phrase or paragraph. Capture your first impressions. Then revisit your response at the end of your reflections and see if your initial impressions have changed.
2. Who/what were the significant people, events and places in your life during these past 12 months?
3. What were the highlights of your year? The low points?
4. What did you feel passionate about this year?
5. What distracted you this year?
6. Did you have spiritual aspirations for the past year? If you did, which ones did you accomplish? Which ones are incomplete?
7. What would you like to forget about this year, if anything? Do you have regrets? Anything you would have done differently?
8. What was the emotional tone for the year? What were the dominating emotional patterns? Don't forget the good ones!
9. Capture your year as a color, a taste, a feeling, a visual or a smell.
10. Look through your photos and choose the ones that best represent the year. Write an evocative headline for each one of your favorites. Create a photo collage that represents the essence of the year.
11. Is there anyone to forgive, including yourself? What needs to be forgiven?
12. List your accomplishments for the year. Be generous with yourself!
13. What challenged you this year?
14. List your most important insights about your body, emotions, mind, spirit, work, finances, relationships and anything else important to you. If you wrote in a journal, you could go through your entries to help you remember.
15. Did you choose a single word as your guiding star this year? If so, how did it go with your word? Did you remember it? Did you bring it alive?
16. Which lessons, insights, perspectives and new behaviors would you like to carry forward into the new year? What would you like more of this year? What would you like less of?
17. Is there anything you would like to complete before the start of the new year?
18. Create your own question about the past year.

**Reminder:** look back at question 1 to see if your initial impressions have changed. If they have, add any new thoughts to that section.

What are some of your most important life lessons from last year? I would love to hear!