

# New Year Reflection Questions

- How have I grown in the past year? What led me to experiencing this type of growth?
- What positive changes have occurred in my life in the past year that I'm most grateful for?
- What are some obstacles and challenges I've experienced in the past year that I now feel grateful for, even if it was hard to appreciate at the time?
- What are some hardships I've experienced in the past year, and in what ways have these hardships helped me to grow?
- What risks have I taken that I'm glad I took?
- What beliefs do I hold now that I didn't hold a year ago?
- What was one of my absolute favourite moments from this past year? What did I love most about this moment?
- What are 10 things about this past year that I feel truly grateful for?
- How would I describe myself right now? What do I love most about the person I am?
- How will I remember this past year? What lessons will I carry with me as I move forward in my journey?
- What would I do in this next year if I knew I could not fail?
- What's still worth doing, even if I might fail?
- What limiting beliefs or fears are holding me back from pursuing my dreams? How can I release these beliefs and/or fears?
- What guiding principles, truths, and values will guide my journey over the next year?
- How can I cultivate more gratitude and appreciation in my daily life?
- What does self-care mean to me? What are some of my favourite self-care activities? How can I incorporate more self-care into my life over the next year?
- How can I make space for more fun, play, imagination, and creativity over the next year?
- When do I feel happiest? What brings me true joy? How can I allow more joy into my daily experience?
- What's one thing I can do in five minutes a day to support my body, mind, and spirit?
- What does my ideal morning routine look like, and how can I build a morning routine that will set myself up for success?
- How can I be kinder and more compassionate to myself over the next year? When my inner critic comes out, what can I do to show myself more kindness and love?
- What do I need more of in my life? How can I make space for more of this in the next year?
- What do I need to release in my life? How can I let go of these things/experiences/people/beliefs to make space for something new?
- What's something I've always dreamed of doing but haven't done yet? How can I make this dream come true this year?