

Questions to Help Reflect on the Life Experiences You Value and Enjoy the Most

What am I most proud of accomplishing in the past year?

What was hardest for me? What are the 2 or 3 Challenges I Overcame and Why were they hard for me?

What did I Learn about myself in the past year? Where did I grow? How did my strengths and areas for growth show up?

What new or existing relationships did I grow and develop?

How did I Make a Difference in the World?

**What did I have the most fun doing?
What did I enjoy the most?**

Consider writing your answers by hand instead of typing them. Sometimes your brain works differently when you write by hand.

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