

Reflecting Questions for the turn of the year

What were my highlights this year?

What and who made me especially happy this year?

What have I achieved this year?

What am I grateful for?

What special people have I met this year?

How have my human relationships developed?

How have my values and beliefs changed this year?

Which changes could I observe in myself and which changes did I consciously push?

What were beautiful moments?

What burdened and saddened me this year?

What made me angry?

When did I feel brave?

How did I feel this year?

What do I want to leave this year 2018 behind me?

What will I take with me in 2019?

What am I going to do?

That's what I hope for next year!

What is my word of the year?

Which guiding principles would I like to pursue next year?