

30 QUESTIONS TO HELP YOU PLAN FOR YOUR MOST FULFILLING YEAR EVER

Reflecting on the good parts of last year

1. I accomplished
2. I feel good about
3. I took care of myself by
4. I'm grateful for

5. I enjoyed spending time with

6. A great book/movie was

7. A happy memory was

8. I was challenged by

9. I learned

10. I felt passionately about

Reflecting on the hardships of last year

11. This year I struggled with

12. I coped by

13. As a result of these struggles, I learned

Planning for the new year

14. This year I will focus on

15. I want to get to know and strengthen my relationship with

16. I will connect with others by

17. I will work on accepting others as they are by

18. I will help others or give back to my community by

19. I will grow in or strengthen my faith/spirituality by

20. I will take care of myself by

21. I will show myself compassion by

22. I will save money for

23. I will splurge on

24. This year I want to add more _____ to my life.

25. Every day I plan to

26. My career goals for the coming year are

27. To be physically healthier, I will

28. To be mentally healthier, I will

29. I will ask for support, help, or accountability from

30. I will check-in with myself to acknowledge my progress and re-assess my goals on
_____. (date)