

<p>What are you most grateful for? Where have you been finding joy in the everyday?</p>	<p>In what ways were you giving and contributing to something beyond yourself?</p>
<p>When did you feel most like yourself?</p>	<p>What do you hope to feel in this upcoming year?</p>
<p>What did you want to do, but didn't? Why didn't you?</p>	<p>Where did you find fulfillment and purpose?</p>
<p>Where did you draw inspiration from?</p>	<p>What do you want to continue to do again this year?</p>
<p>Was there anything that you gave more time and energy to than you would have liked?</p>	<p>What do you want to leave behind with the old year?</p>
<p>What went well this year? What are some things that you're happy about?</p>	<p>What are you doing well? What do you like about the person you are and are becoming?</p>
<p>What did not go well this year? What are some things that were hard?</p>	<p>What do you wish you could do more of?</p>
<p>When did you feel most alive?</p>	<p>How do you want to be remembered? How will you make it so?</p>
<p>When did you feel most exhausted/drained?</p>	<p>How did you waste the most time every day? What things have been distracting you from the life you long for?</p>
<p>What did you learn?</p>	<p>What has been a source of stress? Is there anything you can do to remove the stressor or better cope with the stress?</p>