



30 Questions To Ask Yourself At The End of the Year

1. What is a new routine or habit you loved doing this year?
2. Is there a difficult challenge you overcame?
3. What do you wish you would have done more of?
4. What do you wish you would have done less of?
5. What was your favorite memory this year?
6. Can you list some meaningful moments over this past year?
7. Was there a relationship that surprised you in a positive way?
8. The best discovery you made this year?
9. What is a new skill you developed or learned?
10. Is there a quality you discovered about yourself?
11. What did you do for the first time this year?
12. What is a smart decision you made this year?
13. What was something brought you a lot of joy this year?
14. What surprised you the most this year?
15. How do you want to feel overall about in the new year?
16. Where did you spend the majority of your time and energy this year? Are you happy about that?
17. What did you spend the most money on this past year?
18. What would you rate your level of happiness on a scale of 1-10 this past year?
19. If you could change 1 thing about the year, what would it be?
20. Who is someone you would have liked to spend more time with?
21. Did you give more of your time to others or yourself?
22. Is there something you wanted and you got?
23. Is there something you wanted and you did not get?
24. What kept you going and inspired?
25. What is an area you can grow in?
26. What was the most valuable lesson you learned?
27. Is there a quote that sums up this year?
28. What does success look like to you in the next year?
29. What are you looking forward to in the new year?
30. What lacked this year that you are looking to improve next year?