

2018: A Year in Review

Part One: Themes and Recollection

- A) Looking back, what are the main themes of past year in your life?
- B) Reflect on how these themes impacted your life, the good and the bad.

Part Two: Resolutions

- A) Did you meet any of your resolutions in full?
- B) For those you didn't accomplish, was there some progress, and why wasn't it fulfilled?
- C) Did your resolutions change at all, why?
- D) Did you create new resolutions once the year began?

Part Three: Honest Thoughts

- A) What did you like about the year?
- B) What didn't you like?
- C) What part of the year are you most proud of?

Part Four: Make Peace with the Year

- A) What do you hope to bring into the new year?
- B) Are there any goals from the past year, you would like to carry into 2019?
- C) How can you accomplish the following: let go of the past and what can't be changed, start each morning with a clear head and gratitude for what's new and what you've accomplish and/or overcome?