
Reflection Prompts for the New Year

Interiorloveaffair.com

Looking Back at the Past Year:

What went well?

What do I feel proud of myself for?

What am I happy with about myself?

What did I overcome?

How did I show up for myself?

How did I honour myself?

What did I create?

What did I improve?

How did I take care of myself better?

How did I positively impact others?

How did I improve my wellbeing?

How did I improve the wellbeing of those around me?

What do I want to say goodbye to this year?

What do I want to release?

What are some of the painful lessons I learned this year?

What part of me was in pain?

Through these tough moments, what did I learn about myself?

How did I become better because of them?

What is no longer serving me?

What am I disappointed with myself for?

What did I not do that I wish I had done?

How can I forgive myself for this? What can I say to myself to forgive myself?

What do I know now that I didn't know then?

If I could go back to that scenario, what would I do differently?

Looking Ahead to the New Year

What do I want more of in the year to come?

What do I want to welcome in to my life this year?

What intentions do I want to set in the year ahead?

How do I want to feel in the next year?

What do I want to prioritize?

What do I want to focus on?

What will I make time for?

How do I want to feel about myself through the next year?

What do I want to be proud of myself for this time next year?

Notes

