

**r e f l e c t**

**&**

**l o o k**

**a h e a d**



# R E F L E C T I O N

Ask: What did I learn about myself this year?

- ❖ What is a new hobby I started this year?
  
- ❖ What are some new routines/practices I adapted to my life?
  
- ❖ How did I spend my time, attention, and finances? – (daily, weekly, & monthly)
  - How does this reflect what is important to me?
  
- ❖ What is one of the coolest experiences I had this year?
  
- ❖ What are some things that were difficult this year?
  
- ❖ What are some things that brought me joy this year?
  
- ❖ Who were people that impacted me this year?
  
- ❖ Who were people that I had an impact on this year?
  
- ❖ How did I love God and love others well this year?
  
- ❖ What are some things I am involved in right now that I am proud of?

# L O O K I N G      A H E A D

Ask: What are areas I want to grow in this year?

- ❖ What brought me joy this past year that I want to continue doing this upcoming year? Any new things to add?
  
- ❖ What am I proud of that I want to continue doing?
  
- ❖ How can I cultivate time of rest and reflection into my life without the distraction of technology? (Daily, weekly, monthly?)
  
- ❖ Are there any specific physical, emotional, spiritual, mental, or social habits that I want to practice this year?
  
- ❖ How can I love/encourage/support my family members better this year?
  
- ❖ Who can I pour my time and energy into this year?
  
- ❖ What do I feel like God is calling me to pursue this year?
  
- ❖ Is there a specific book, chapter, or topic in the Bible that I want to dig deeper into throughout this year?
  
- ❖ Is there one specific word or idea that I want to orient my life around this year?