

## REFLECTING ON THE PAST YEAR

1. If you had to describe the past year in one word, what word would you choose? What events made you choose that word?
2. What were your achievements from the past year that made you most proud?
3. Which events from the past year proved to be most challenging? How did you deal with them?
4. In what ways did your life move closer towards the life for which you are aiming?
5. What brought you joy this past year?
6. Who helped you grow over the past year?
7. What caused you most stress and how did you cope with stressors?
8. How active were you during the past year? Were you as active as you planned to be?
9. In what ways did you positively impact those around you?
10. If you were handed a re-do, what would you change from last year?

# Reflecting On Things Past

**Emilie Sanchez**



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