

This Year Looking Back

Feel free to use one, some or all of the following prompts to reflect on this year, responding with writing, art or simply your thoughts. You can complete this alone or with someone else.

What felt most successful?

What theme kept coming up this year?

Who were the most important people in your life this year?

Who was a good influence on you?

What was the best moment you celebrated from the past year?

Where were your favorite places you visited?

When did you feel like you had a good balance in life?

When did you feel out of sorts?

Did you start any hobbies?

What were the most helpful realizations from the past year?

What was your scariest moment?

When did you have the most fun?

What new thing did you start?

Who did you meet for the first time this year?

Who did you feel closest to?

What was the best gift you received?

Where was your loudest laugh of the year?

What did you learn about yourself?

What did you learn about the world?

How did you get along with your family?

What adjectives would you use to describe the past year?

What were you grateful for this past year?

What is one thing you started thinking about changing?