

December Challenge - Reflecting on the Year

1. A goal you've reached or created this year
2. A word that describes this closing year
3. What was your best moment this year?
4. Think of a friend you've made
5. What's something new you did?
6. What's something you accomplished?
7. Think of a good movie you saw
8. Think of a song you've enjoyed this year
9. What's a new place you went to?
10. Think of a time you laughed a lot
11. Think of a time you cried
12. Think of a memory from the summer
13. Think of a memory from the spring
14. Think of a memory from the beginning of the year
15. Think of a quote that stuck with you through the year
16. What's a book you enjoyed reading this year?
17. What was hard for you this year?
18. Think of a weird moment from this past year
19. Think of a memory from this year that makes you smile
20. Who were you grateful to have in your life this year?
21. What's an experience from the year you're grateful you had?
22. Who do you wish had experienced this past year with you?



23. What's a goal of yours for the new year?
24. Find a quote for the new year - a quote to live by and remember everyday.
25. Describe your hopes for the new year in one word.
26. What's something you want to try in the new year?
27. What will have improved for you this time next year?
28. What do you hope to change by this time next year?
29. Do you have a plan to reach your new goals?
30. Reflect on your birthday this year. Did you enjoy it?
31. How are you going to celebrate the coming new year? Enjoy yourself and Happy New Year!

