

Yearly Refection Questions

If you don't get these done before the start of the year, no worries. Just fill them out at some point in January or February – last year's memories will still be fresh and you'll have most of the current year left to bring your new insights into. And if 31 questions seems a bit daunting for one sitting, take a minute each day to answer just ONE – one a day, and you'll be done by the end of the month!

1. What did you do in 2011 that you'd never done before?
2. What were your resolutions from last year...and how did they go?
3. What are your resolutions for this year?
4. Did anyone close to you give birth?
5. Did anyone close to you die?
6. Where did you travel?
7. What would you like to have in 2012 that you lacked in 2011?
8. What date from 2011 will remain etched upon your memory?
9. What was your biggest achievement of the year?
10. What was your biggest failure?
11. Did you suffer illness or injury?
12. What was the best thing you bought, or the best gift you got?
13. Whose behavior merited celebration?

14. Whose behavior made you appalled and depressed?

15. Where did most of your money go?

16. What did you get really, really, really excited about?

17. What song will remind you of 2011?

18. Compared to this time last year, are you:

i. happier or sadder?

ii. thinner or fatter?

iii. richer or poorer?

19. What do you wish you'd done more of?

20. What do you wish you'd done less of?

21. What was the best:

i. book you read?

ii. musical discovery?

iii. film you saw?

iv. tv show you watched?

22. What did you want and get?

23. What did you want and not get?

24. What did you do on your birthday, and how old were you?

25. What one thing would have made your year immeasurably more satisfying?

26. What kept you sane?

27. What political issue stirred you the most?

28. Who did you miss?

29. Who was the best new person you met?

30. Tell a valuable life lesson you learned in 2011:

31. Some other things you've learned this year: