

# 2021 Year End Reflection

**INSTRUCTIONS:** Set aside some quiet time, maybe light a candle, get out your journal, and spend some time with these questions. By the end, you will hopefully feel good about your year and be ready to go boldly into the next!

## CHALLENGES

Think about the personal challenges you've faced. Think about the qualities you drew on to meet the challenges. Whether the challenge is over or not, acknowledge yourself for having the courage to stand in it.

## LOSSES

What losses have you experienced? What people? Dreams? Experiences? Security? How have your losses made you a better person?

## CONTRIBUTIONS

Think about the ways in which you've contributed to the people in your life, to your community. Who have you been there for? Who have you helped? Supported? Listened to? What gifts have you shared?

## SUCCESSSES

What successes have you had this year personally? What victories? What have you overcome? Accomplished? What goals did you achieve? What victories in the face of adversity?

## BONUS: GIFTS

What gifts have you received this year? Think about things you've received, things that have been done for you, people who have been there for you. When things got difficult, who came through for you?