

# 50 Year-End Reflection Questions

Reflect on how 2019 went by answering the questions below:

1. The most important goal I achieved this year was:
2. My biggest fitness accomplishment was:
3. My biggest career accomplishment was:
4. My biggest relationship accomplishment was:
5. These are the skills I learned this year:
6. A big mistake I made this year--and the lesson I learned as a result--was:
7. An obstacle or a challenge that I overcame this year:
8. This year, I learned the following about myself:
9. Here's something I learned about other people:
10. This made me laugh the hardest this year:
11. The most fun I had all year was:
12. My best memory of the year was:
13. My biggest regret of the year was:
14. My biggest disappointment of the year was:
15. The books I read this year were:

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16. My favorite movie of the year was:
17. A TV show I really enjoyed watching this year was:
18. I really enjoyed this live performance (concert, play, musical, or dance performance):
19. Here's a song I listened to over and over again this year:
20. This is something I wish I hadn't bought this year:
21. This is the best thing I bought all year:
22. Someone I really enjoyed spending time with this year was:
23. I adopted this new positive habit:
24. I dropped this negative habit:
25. One time I stood up for myself this year was:
26. The scariest thing I went through this year was:
27. A really cool thing I created this year was:
28. My most common mental state this year was:
29. Here's how I grew emotionally this year:
30. Here's how I grew spiritually this year:
31. The best gift I received this year was:
32. The nicest thing someone did for me this year was:
33. The nicest thing I did for someone else this year was:

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34. I showed real gumption this year when I:
35. If I could change one thing about this year it would be:
36. A new food/dish I tried this year was:
37. This year my physical health was:
38. Here's a new friend I made this year:
39. This year I traveled to:
40. Here's one adventure I had this year:
41. One contribution I made to my community was:
42. This year I spent a lot of time here:
43. This year I broke out of my comfort zone by:
44. A hobby I loved spending time on this year was:
45. This year I practiced self-care by:
46. My biggest time waster this year was:
47. Here's a great time-saving hack I learned this year:
48. What I am most grateful for this year is:
49. Here are three words that would sum up this year:
50. If I could travel back to the beginning of the year, here's some advice I would give myself: