

Your Year in Review

50 Questions to Help You Reflect, Appreciate
and Get Excited for 2018

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Conducting your own yearly review is a great way to slow down, reminisce about your favourite moments and make you sure you take the time to appreciate all the little and big things that were a part of your life in the past year. It also helps you figure out which kinds of things make you happy and which don't.

Use these fifty questions as prompts to reflect on different aspects of your year and capture first ideas for 2018. Write as much or as little as you feel like for each question!

2017 REFLECT AND APPRECIATE

1 If you had to describe your 2017 in three words, what would they be?

2 What, or who, are you most thankful for?

3 What new things did you discover about yourself?

4 What single achievement are you most proud of?

5 What was the best news you received?

6 What was your favourite place that you visited in 2017?

7 Which of your personal qualities turned out to be the most helpful this year?

8 Who was your number one go-to person that you could always rely on?

9 Which new skills did you learn?

10 What one event are you going to tell your grandchildren about?

11 If someone wrote a book about your year, what genre would it be?

12 What was the most important lesson you learnt in 2017?

13 Which mental block(s) did you overcome?

14 What five people did you most enjoy spending time with?

15 What was your biggest break-through moment career-wise?

16 How did your relationship to your family evolve?

17 What book or movie affected your life in a profound way?

18 What was the best compliment that you received this year?

19 What little things did you most enjoy during your daily life?

20 What cool things did you create this year?

21 What did you think about more than anything else?

22 What topics did you most enjoy learning about?

23 What new habits did you cultivate?

24 What advice would you give your early-2017 self if you could?

25 Did any parts of your self or your life do a 180 this year?

26 What had the biggest positive impact on your life this year?

27 What was your most frequent mental state?

28 Was there anything you did for the very first time in your life?

29 What was your favourite moment spent with friends?

30 What major goal did you lay the foundations for this year?

31 Which worries turned out to be completely unnecessary?

32 What one experience would you choose to repeat if you could?

33 What was the best gift you received?

34 How did your overall outlook on life evolve?

35 What was the biggest problem you solved?

36 What was the funniest moment, one that still makes you burst out laughing?

37 What purchase turned out to be the best decision ever?

38 What one thing would you do differently and why?

39 What do you deserve a pat on the back for?

40 What activities made you lose track of time?

1 What do you want the overarching theme for your 2018 to be?

2 What do you want to see, discover, explore?

3 Who do you want to spend more time with in 2018?

4 What skills do you want to learn, improve or master?

5 Which personal quality do you want to develop or strengthen?

6 What do you want your everyday life to be like?

7 Which habits do you want to change, cultivate or get rid of?

8 What do you want to achieve career-wise?

9 How do you want to remember the year 2018 when you look back on it 20 years from now?

10 What is your number one goal for 2018?