



Whether you're headed to a party or headed to the living room with a bowl of popcorn, New Year's Eve is a great day for reflection. A whole year has passed since last New Year's Eve. You're a year older. Are you a year wiser?

Use these reflection questions however you see fit. Want to answer these questions solo? Grab a cup of coffee and a pen, and use the space provided on the first few pages (or do what I do, and use your own journal). Want to chat over the answers with your family or friends? Use the last page to cut each question into squares, and then toss them in a hat to draw, one at a time.

If you want to take things further, you might want to consider creating your own unique Rule of Life, a time-tested, ancient practice of committing to living your life a certain way — according to the values that matter most to you. Head to tshoxenreider.com/rule to learn more.

But for now, happy reflecting on the year that was! Growing older is a privilege denied to many — what a gift!

Blessings in the days to come,

Tsh Oxenreider
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20 Questions for New Years Eve

1. What was the single best thing that happened this past year?
2. What was the single most challenging thing that happened?
3. What was an unexpected joy this past year?
4. What was an unexpected obstacle?
5. Pick three words to describe this past year.
6. Pick three words your spouse or a close friend would use to describe your year.
7. Pick three words your spouse or a close friend would use to describe their past year.
8. What were the best books you read this year?
9. With whom were your most valuable relationships?
10. What was your biggest personal change from January to December of this past year?

20 Questions for New Years Eve

11. In what way(s) did you grow emotionally?

12. In what way(s) did you grow spiritually?

13. In what way(s) did you grow physically?

14. In what way(s) did you grow in your relationships with others?

15. What was the most enjoyable part of your work (both professionally and at home)?

16. What was the most challenging part of your work (both professionally and at home)?

17. What was your single biggest time waster in your life this past year?

18. What was the best way you used your time this past year?

19. What was biggest thing you learned this past year?

20. Create a phrase or statement that describes this past year for you.

20 Questions for New Years Eve

<p>What was the single best thing that happened this past year?</p>	<p>What was the single most challenging thing that happened?</p>	<p>What was an unexpected joy this past year?</p>	<p>What was an unexpected obstacle this past year?</p>
<p>Pick three words to describe this past year.</p>	<p>Pick three words your spouse or a close friend would use to describe your past year.</p>	<p>Pick three words your spouse or a close friend would use to describe their past year.</p>	<p>What were the best books you read this year?</p>
<p>With whom were your most valuable relationships?</p>	<p>What was your biggest personal change from January to December of this past year?</p>	<p>In what way(s) did you grow emotionally?</p>	<p>In what way(s) did you grow spiritually?</p>
<p>In what way(s) did you grow physically?</p>	<p>In what way(s) did you grow in your relationships with others?</p>	<p>What was the most enjoyable part of your work (both professionally and at home)?</p>	<p>What was the most challenging part of your work (both professionally and at home)?</p>
<p>What was your single biggest time waster in your life this past year?</p>	<p>What was the best way you used your time this past year?</p>	<p>What was biggest thing you learned this past year?</p>	<p>Create a phrase or statement that describes this past year for you.</p>