



Reflective Questions for New Beginnings



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Introduction

Whenever a new phase in our lives begins, we can get swept away in the moment and make decisions and judgements about ourselves that do not serve us. These reflective questions can be used whenever you come to a junction in your life and are invaluable when one year ends and another begins.

Past
What were my glimmering moments of joy this past year?
In what ways did I show gratitude, for all that I have?
What unexpected lessons shaped me the most last year? And how can I learn from these experiences this year?
What habits helped me grow last year and which do I want to build upon this year?
What boundaries did I set last year that made the biggest difference in my life? And how can I invite more of those this year?
In which ways did I show up for myself emotionally? And how do I intend to deepen that self-support this year?
What fears did I face and overcome last year and what did it teach me about my strengths?
What were my biggest wins last year? And how can I pause a moment and celebrate those wins?
Future
What soul-aligned intentions or aspirations do I want to manifest this year?
What emotions do I want to evoke that will inspire me to meet my goals this year?
What spiritual practices (meditation, gratitude, mindfulness) do I want to deepen or explore?
What would I pursue if I trusted the universe to support me fully?