

YEAR END EXERCISE

THIS EXERCISE CAN BE DONE AT ANY TIME, BUT IS PARTICULARLY VALUABLE AT YEAR'S END AS A WAY OF REVIEWING THE YEAR, AND REFLECTING ON, LEARNING FROM, AND HEALING THE YEAR'S EXPERIENCES

IN LOOKING BACK AT THIS YEAR:

WHAT WERE YOU HAPPIEST OR EVEN MOST ECSTATIC MOMENTS?

WHAT WERE YOUR MOST SATISFYING EXPERIENCES? / WHAT GAVE YOU GREATEST SATISFACTION?

WHAT DO YOU FEEL GOOD ABOUT ACCOMPLISHING?

WHAT WERE YOUR GREATEST CHALLENGES OR DIFFICULTIES?

WHAT MISTAKES DID YOU MAKE?

WHAT ARE THE MOST IMPORTANT THINGS YOU LEARNED?

WHAT WAS YOUR MOST IMPORTANT INSIGHT?

WHAT WAS YOUR MOST IMPORTANT BREAKTHROUGH?

WHAT WAS THE GREATEST CONTRIBUTION YOU MADE?

IS THERE ANYTHING FROM THIS YEAR THAT FEELS PSYCHOLOGICALLY OR EMOTIONALLY INCOMPLETE?

IS THERE ANYTHING YOU HAVEN'T SAID TO ANYONE THAT YOU WOULD LIKE TO SAY?

WHAT COULD YOU DO TO COMPLETE THIS LAST YEAR?

WHAT WOULD YOU LIKE TO DO DIFFERENTLY NEXT YEAR?