

THE BETTER LIFE PROJECT

# New Years Reflections

SAY GOODBYE TO 2017 AND HELLO TO 2018



# NEW YEARS REFLECTIONS

## SAY GOODBYE 2017, HELLO 2018

I love New Years! For me, it represents a symbolic fresh start and an opportunity to start a new with a clean slate. I am firm believer that we learn more from our mistakes and failures, then we ever do our success. So, with this in mind take some time to reflect on your answers to these 20 questions. Say goodbye to 2017 with a grateful heart and hello to 2018 with an open one.

1. Pick three words to describe 2017.
2. What was the single best thing that happened in 2017?
3. What was the single most challenging thing that happened?
4. What was an unexpected joy this past year?
5. What was an unexpected obstacle?
6. What was your favourite memory of 2017?
7. What was your biggest learning experience?
8. When were you most afraid of, did it happen and how did you cope?
9. Who relationships are you most proud of nurturing?

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10. What was your biggest personal change of 2017?
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. What was the most enjoyable part of your job (at work or at home)?
15. What was the most challenging part of your job (at work or at home)?
16. What did you waste most of your time on in 2017?
17. What was the best way you used your time in 2017?
18. What was biggest thing you learned this past year?
19. Create a phrase or statement that sums up 2017.
20. Create a phrase or statement to sum up your intentions for 2018.

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My year in review

My biggest lessons  
from 2017

My goals for 2018

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Looking back at 2017,  
I am grateful for

Looking ahead to  
2018, I am excited for

What did I learn about  
myself in 2017?