



REFLECT ON YOUR YEAR

As another year winds up reflecting on it is the best way to prepare for the new year.

Whether you are planning on one-upping what was a brilliant year or turning a shit-storm into something more manageable...

These questions will help you to consider what could have been better, what was brilliant, who you are grateful for and just remember the year that was.

It can be used in two ways;

1. The 'ask yourself' page is an individual exercise. Print the page, make a relaxing herbal tea, sit quietly and consider your answers. You might like to write them down and file it away for another time to reflect on.
2. The 'New Years Eve questions' page will help you to make this a fun, reflective family/friend discussion, print the page, cut them up and put them in a bowl and take turns at answering them on New Year's Eve.

Whichever method you choose, this a great exercise to take you into the New Year.

All the best,

The team at focus booster.



ASK YOURSELF

1. How did you grow in the past year?
2. What was the single biggest challenge you overcame?
3. Who needs to be acknowledged in your life? Is there anyone you should express gratitude to for what they have done for you over the past 12 months.
4. What were your most memorable, stand-out moments?
5. Pick three words someone close to you would use to describe your year?
6. What was the best thing you learnt?
7. What were you most grateful for?
8. What was your single biggest time waster this year?
9. Name a song that would be your sound track to the past year.
10. Give this year a name. 20XX my year of...



NEW YEAR'S EVE QUESTIONS

How did you grow in the past year?	What was the single biggest challenge you overcame?
Who needs to be acknowledged in your life? Is there anyone you should express gratitude to for what they have done for you over the past 12 months.	What were your most memorable, stand-out moments?
Pick three words someone close to you would use to describe your year?	What was the best thing you learnt?
What were you most grateful for?	What was your single biggest time waster this year?
Name a song that would be your sound track to the past year.	Give this year a name. 2018 my year of...