



 *Till Phillips Coaching*

Reflection Questions

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Reflection Questions

Here are some end of the year reflection questions to help you celebrate the success you have had, the lessons you learned and what you want to create next!

1. What were your top personal and professional accomplishments of the year? (review your calendar/journal to jog your memory)
2. Pick three words to describe this past year.
3. What positive changes have occurred in my life in the past year that I'm most grateful for?
4. What are some obstacles and challenges I've experienced in the past year that I now feel grateful for, even if it was hard to appreciate at the time?
5. What are some hardships I've experienced in the past year, and in what ways have these hardships helped me to grow?
6. What risks have I taken that I'm glad I took?
7. What beliefs do I hold now that I didn't hold a year ago?
8. What would I do next year if I knew I could not fail?
9. What's still worth doing, even if I might fail?
10. What limiting beliefs or fears are holding me back from pursuing my dreams? How can I release these beliefs and/or fears?
11. What guiding principles, truths, and values will guide my journey over the next year?
12. How can I cultivate more gratitude and appreciation in my daily life?
13. What does self-care mean to me? What are some of my favorite self-care activities? How can I incorporate more self-care into my life over the next year?
14. How can I make space for more fun, play, imagination, and creativity over the next year?
15. When do I feel happiest? What brings me true joy? How can I allow more joy into my daily experience?

Reflection Questions cont.

16. What's one thing I can do in even just five minutes a day to support my body, mind, and spirit?
17. What does my ideal morning routine look like, and how can I build a morning routine that will set myself up for success?
18. How can I be kinder and more compassionate to myself over the next year?
19. When my inner critic, perfectionist or parts come out, how can I compassionately manage them as I move forward?
20. What do I need more of in my life? How can I make space for more of this in the next year?
21. What do I need to release in my life? How can I let go of these things/experiences/people/beliefs to make space for something new?
22. What's something I've always dreamed of doing but haven't done yet? Can I make this dream come true this year?
23. What's on my lifelong bucket list? Which of these things could I do or accomplish over the next year?
24. What does success look like in the upcoming year? Do I need to redefine my definition of success?
25. In what ways have you upleveled your communication with others?
26. What was one of the most meaningful compliments you received this past year? Why was it so meaningful to you?
27. What is your soul strategy (BEING & DOING) for the upcoming year?
28. Have you created your annual, quarterly, monthly goals?
29. What's contributing to your growth/knowledge?
30. What can you do to improve your spiritual life for the following year?

BONUS: Make a gratitude list of everything and everyone you appreciate or want to thank this year.. The friends, experiences, learnings, events, opportunities. What you appreciate APPRECIATES. What you focus on grows!