

New Year's Reflections

As a new year begins, it's a good time to reflect, or look at, the things that happened in the previous year and the things that might happen in the coming year. Answer each of the questions below about the happenings in your life.

Last Year

1. What was the biggest event that happened to you last year?

2. What was something important you learned last year?

3. What was a kind thing you did for someone last year?

4. Who was an interesting person you met last year?

The Coming Year

1. What do you think will be a big event for you in the coming year?

2. What would you like to learn this year?

3. What kind thing do you think you will do in the coming year?

4. Who would you like to meet in the coming year?