1. What strengthened me this year?

2. What drained me?

3. Where did I stay in integrity?

4. Where did I shrink or silence myself?

5. What was I genuinely grateful for?

6. What did I tolerate that I won’t carry into next year?

7. Which moments proved that I’ve grown more than I realized?

8. What part of myself am I ready to let go of?

9. What part am I ready to grow into?