

2020 Year-end Review

brought to you by:



**10 questions to give you perspective
on your year.**

Helpful Tips to get the most out of
this reflection exercise:

- Space out the questions over a few days - ideally 2 questions per day.
- Consider the different aspects of your life: home life, health, career, social life, mentality and finances.
- Try organizing memories by time frames- monthly or seasonally (quarterly) are a good place to start.

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1. Word Brain Dump

Give yourself 10 minutes to write down as many words that come to mind when you think of 2020.

2. Summarize the year.

This can be an essay, a paragraph, or a sentence. Just make sure to capture the essence and overall sentiment of your year.

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3. What worked for you this year?

Think of habits and activities that helped you get through 2020. Things that you wish to continue doing in the future.

4. What did not work for you this year?

Think of habits and activities that kept you from your responsibilities or the things you enjoy.

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5. What are the most memorable moments?

Dig deep and think about what makes these moments so memorable.

6. Who or what was most significant for you?

This could be a friend or a place that brings you joy. If it is a person, make sure to share with them!

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7. What were your greatest accomplishments?

Make sure to include "enduring a pandemic". Even if 2020 didn't go the way you planned, count your wins, big and small.

8. What were the greatest challenges?

Whether or not you overcame the challenges, reflect on how you approached them and why they were a challenge to begin with.

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9. What are the biggest lessons learned?

Part of reflection is learning and growing. Use this space to record your learning moments of 2020.

10. What should you leave behind?

This can be anything that no longer serves you. Maybe an item you didn't use all year or a relationship that no longer thrives.