

2011 Reflection Questions

“Life can only be understood backwards; but it must be lived forwards.”
~Soren Kierkegaard



This is the perfect time to reflect upon this past year. Are you ready? To prepare, take a deep breath, slow down, and grab a cup of coffee or tea along with a journal or notebook to write in. As you go through the reflection questions below, write down what comes to you after reading each one. *(There is no right or wrong. Making judgments and having negative thoughts are not part of the plan. This is an exercise for you to use to make positive changes.)*

- ⇒ Pick 5 words to describe 2011.
- ⇒ What or who brought a smile to your face or warmed your heart this year?
- ⇒ What did you learn this year about yourself and in general?
- ⇒ What was the single best thing that happened this past year?
- ⇒ What was the single most challenging thing that happened?
- ⇒ Who came into your life this year?
- ⇒ What or who did you let go of this year?
- ⇒ With whom were your most valuable relationships?
- ⇒ What effect did 2011 have on your emotionally, spiritually and physically?
- ⇒ In what way(s) did you grow in your relationships with others?
- ⇒ What was your single biggest time waster in 2011?
- ⇒ What was the best way you used your time this past year?
- ⇒ What was your greatest accomplishment in 2011?
- ⇒ What do you want to continue into the New Year?

Ready to Change Life Coaching
jenn@jenniferbridge.com
410.616.9500

www.readytochangelifecoaching.com