

27 END-OF-YEAR QUESTIONS

by: Hey Goal Sister

1. What is your best personal accomplishment of this year?
2. What is a compliment that you received that stuck with you?
3. Who helped you get through a hard time?
4. What was your favorite book this year?
5. Name a time that you took care of your soul, or felt peaceful.
6. Name something scary that you tried this year. What did you learn?
7. What did you spend time learning about?
8. Who did you laugh a lot with?
9. Name a time you did something for someone else.
10. What broke your heart this year?
11. What life lesson did you have to learn this year, and did you self-reflection on it to take accountability for yourself?
12. Who did you need to forgive?
13. What do you want to stop doing this year?
14. What did you start and are still doing?
15. What is your top goal for the upcoming year?
16. What are you leaving behind at the end of the year?
17. What is a nagging project that has been on your to-do list for months?
18. Name a time someone drained all your mental energy.
19. Name a time you were proud of yourself.
20. Name a way you changed this year.
21. What is one health goal that takes minimal effort to apply to your life?
22. Who inspires you? Why?
23. Name a time your inner critic talked you out of something you wanted to do.
24. Commit to being present in your family at the same time/event every day. When will that be? (Ex. dinner time = no electronics)
25. What podcast sparks your personal growth? Subscribe to it and listen to an episode weekly.
26. What is your favorite self-care activity? Can you commit to it once a month?
27. Do a social media cleanup and unfollow any accounts that makes you feel shame or unworthy. Follow @HeyGoalSister for inspiration, mom life, goal setting, and life coaching!