

Reflect. Grow. Move forward.

Taking time at the end of the year to reflect helps you spot patterns, learn from challenges, and recognize how far you've come.

Journaling gives you a private space to capture those moments with honesty and clarity. The prompts below will help you look back with purpose and step into the new year with a fresh start.

Why an end-of-year reflection journaling session is important.

End-of-year journaling helps you understand your growth, process emotions, and gain clarity. It brings closure and highlights what matters most as you head into a new year.

Tips to prepare for end-of-year reflection journaling.

Find a quiet space, clear distractions, and revisit your memories to get into a reflective mindset. **Use the prompts below to look back on your year.**



Journal questions for self reflection.

What changes did I experience this year?
What were some moments of joy I experienced this year?
How have I prioritized my well-being this year?
What strengths did I discover in myself this year?
What was the most valuable lesson I learned this year?
What dreams or goals did I pursue this year, and how did that journey unfold?
What was the most difficult challenge I faced this year?
Who made a difference in my life this year?
What are three moments from this year I'm thankful for?
What was the best new thing I tried this year?
What was the biggest risk I took this year?
How did my relationships change this year?
If I review this past year, what was the best thing that happened each month?
What are my goals for the coming year?
What new opportunities became available this year?

Write a message to myself to be reviewed one year from today
How have I changed over the past year?
What challenges did I face this year, and how did I overcome them?
In what ways have I positively impacted the lives of others this year?
What new skills did I gain this year?
How have my relationships evolved this year?
What are my top three accomplishments this year?
When did I feel the most present this year?
What was something new I learned this year?
What did I accomplish this year?
What was my favorite movie or book of the year?
What lesson did this year teach me?
In what ways did I grow as a person this year?
What values were most important to me this year?
How did I express my creativity this year?



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