

Questions for Annual Reflection / Review / Recap [template]

// Copy this doc and write lists at each bullet point.

// Useful references: your diary, journal, calendar, notes, photos, etc.

2022

Over the past year ...

Milestones, Events, Achievements, Accomplishments

What were your most significant milestones, events, achievements, and accomplishments?

-

Memories

What were your favorite memories?

-

Inspirations

What inspired you?

-

Pride

What are you most proud of?

-

Energizing

What was most energizing?

-

Draining

What was most draining?

-

Media

What media/content did you enjoy?

-

Connections

Who did you meet?

-

People

Who did you spend the most time with?

-

Relationships

Which relationships did you value most?

-

Places

Where did you spend the most time?

-

Successes

What were your biggest successes?

-

Problems

What were the biggest problems you faced?

-

Fears

What were you most afraid of?

-

Frustrations

What were you most frustrated with?

-

Losses

What were your biggest losses or failures?

-

Mistakes

What were your biggest mistakes?

-

Limitations

What factors or beliefs have been limiting your growth, progress, and potential?

-

Struggles

What did you struggle with?

-

Lessons, Learnings

What lessons did you learn?

-

Growth

How did you grow?

-

Alive

When did you feel most alive?

-

Narratives

What were your major narratives of your life and stories you told about your life?

-

Themes

What were your major themes?

-

Notes

// Extra thoughts here