

Self-Reflection Questions

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	<u>Reflection Questions for 2019</u>	<u>Goals for 2020</u>
1	What were your “highs” and “lows” for 2019? (Peak moments that really stand out when you were happiest/saddest, most/least successful, etc.)	How would you like 2020 to be different? What do you need to start, to stop, and/or to work on?
2	How did you invest in yourself in 2019? (Professionally, spiritually, health-wise, read any inspiring books, learn any new skills, hobby, etc.)	How will you better yourself in 2020?
3	What has been your best and worst financial decision of 2019?	What money goals will you make for 2020?
4	What relationships were tricky/complicated for you in 2019?	How can you improve these relationships in 2020?
5	(If applicable)... What did you and your husband do in 2019 to grow and strengthen your marriage?	What will you focus on in 2020 to grow your relationship? (more dates, better communication, spiritual growth, romance, intimacy?)

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6	How were you a good parent in 2019? Think of some specific examples.	What is one area that you can improve as a parent for 2020?
7	What do you wish you or your family had done <i>more</i> of in 2019? How about <i>less</i> of?	What will your family goals be for 2020?
8	What are your talents and gifts and how did you use them in 2019?	In what ways can you be more giving with your time and money in 2020?
9	Did your priorities align with how you spent your time in 2019? (think about time spent with family, friends, work, etc.)	Where do you need to spend more/less time? What is the biggest time-waster in your life and what will you do about it in 2020?
10	Think about the people who were most important to you in 2019. (Family, friends, co-workers, neighbors.) Who made you the happiest? Who made you laugh the most? Express gratitude to these people!	Be intentional about your relationships. What needs to be changed in 2020? What needs to stay the same?