

Self-Reflection Questions

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

6	How have you been a good parent so far this year? Think of some specific examples.	What is one area that you can improve as a parent for the remainder of the year?
7	What do you wish you or your family had done <i>more</i> of so far this year? <i>less</i> of?	
8	What are your talents and gifts and how have you used them so far this year?	In what ways can you be more giving with your time and money for the remainder of the year?
9	Did your priorities align with how you have spent your time so far this year? (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 for the remainder of the year?
10	Think about the people who were most important to you so far this year. (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? for the remainder of the year What needs to stay the same?