



Below you'll find a set of year-end reflection questions that will help you to review how 2021 went.

50 Year-End Questions

Sit down at your computer, or take out a notebook and a pen, and fill out the answers for the following year-end reflection questions:

1. The most important goal that I achieved this year was:
2. My biggest fitness accomplishment was:
3. My biggest career accomplishment was:
4. My biggest relationship accomplishment was:
5. These are the skills I acquired this year:
6. A big mistake that I made this year—and the lesson that I learned as a result—was:
7. An obstacle or a challenge that I overcame this year:
8. This year, I learned the following about myself:
9. Here's something I learned about other people:
10. This made me laugh the hardest this year:
11. The most fun I had all year was:



12. My best memory of the year was:
13. My biggest regret of the year was:
14. My biggest disappointment of the year was:
15. The books I read this year were:
16. My favorite movie of the year was:
17. A TV show I really enjoyed watching this year was:
18. I really enjoyed this live performance (concert, play, musical, or dance performance):
19. Here's a song I listened to over and over again this year:
20. This is something I wish I hadn't bought this year:
21. This is the best thing I bought all year:
22. Someone I really enjoyed spending time with this year was:
23. I adopted this new positive habit:
24. I dropped this negative habit:
25. One time I stood up for myself this year was:
26. The scariest thing I went through this year was:
27. A really cool thing I created this year was:



28. My most common mental state this year was:
29. Here's how I grew emotionally this year:
30. Here's how I grew spiritually this year:
31. The best gift I received this year was:
32. The nicest thing someone did for me this year was:
33. The nicest thing I did for someone else this year was:
34. I showed real gumption this year when I:
35. If I could change one thing about this year it would be:
36. A new food/dish I tried this year was:
37. This year my physical health was:
38. Here's a new friend I made this year:
39. This year I traveled to:
40. Here's one adventure I had this year:
41. One contribution I made to my community was:
42. This year I spent a lot of time here:
43. This year I broke out of my comfort zone by:



44. A hobby I loved spending time on this year was:

45. This year I practiced self-care by:

46. My biggest time waster this year was:

47. Here's a great time-saving hack I learned this year:

48. What I am most grateful for this year is:

49. Here are three words that would sum up this year:

50. If I could travel back to the beginning of the year, here's some advice I would give myself: