



Yearly Reflection Prompt

What were three highlights of this past year that made you smile?





Yearly Reflection Prompt

Name one lesson you learned in the last year that you're grateful for.





Yearly Reflection Prompt

Who were the most supportive people in your life this year?





Yearly Reflection Prompt

What is one challenge you faced, and how did it help you grow?





Yearly Reflection Prompt

Recall a special moment you shared with friends or family this year.





Yearly Reflection Prompt

Reflect on a significant change you made this year. What are you grateful for in that experience?





Yearly Reflection Prompt

Write about a time you stepped out of your comfort zone. How did it benefit you?





Yearly Reflection Prompt

Think of a difficult situation that turned out positively. What did you learn from it?





Yearly Reflection Prompt

Who had the biggest impact on your life this year, and what did you learn from them?





Yearly Reflection Prompt

What personal achievements are you most proud of from the past year?





Yearly Reflection Prompt

Describe a moment when you felt truly content. What contributed to that feeling?





Yearly Reflection Prompt

Write a letter to your past self, reflecting on what you're grateful for this year.





Yearly Reflection Prompt

What hobbies or activities brought you joy this year? Why are you grateful for them?





Yearly Reflection Prompt

Consider your growth over the past year. What changes are you thankful for in yourself?





Yearly Reflection Prompt

As the year comes to a close, what intentions or goals are you grateful for achieving?

