

# **A Year in Review**

What was your favorite part of last year, the time you felt your best?

What is the biggest change you have made in the last year?

What area was difficult for you in the last year? How did you pull through it?

What was your biggest “Ah-Ha” Moment? How did it affect your mood?

What is your favorite self-care activity?

What new activity/hobby would you like to begin in the next year?

Describe yourself in three positive words:

- 1.
- 2.
- 3.

What will you do differently this next year to increase your positive thinking?

Describe your positive mantra (your ongoing self-talk in your head) for the next year in an “I am” statement: (I am \_\_\_\_\_)

