



End of year Self-Reflection Workbook

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10 Prompts for deeper self-reflection



1. What did I learn about myself this year that I did not know earlier? How does it feel to gain this awareness?
2. What were the best events/ moments during this year? Why did they bring me that much joy? What can I do or stop doing to have more moments/events like these ?
3. What were the most challenging times for me this year? How did I cope with these challenges? What do I wish I had done which was in my control? Did these times add to my awareness or bring any lesson that I can be grateful for?
4. How did I take care of my needs throughout this year? What area (professional/personal/health) do I tend to neglect myself most in ? How does this neglect impact my health and life? How do I intend to be more present with myself for the coming year?
5. In what ways did my relationships with others change this year? How did these changes impact me? How content am I with the relationships I have?

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6. Did I experience any loss (tiny or major) this year? How does it feel to have experienced this loss?

7. What did I accomplish (tiny or major) this year? Did I congratulate or acknowledge myself for the same? Did I express gratitude to myself for this achievement?

8. What traits and habits helped me this year to move forward towards my goals? How can I remain more consistent with these habits?

9. What unhelpful habits and coping mechanisms do I want to minimize or leave moving forward?

10. Which habits, exercises and experiences can I add more to my life for bringing joy, excitement and purposefulness into my life?