

Year End Reflection Exercise

**Check as many boxes as you want for each answer.
The idea is to let your answers come quickly so that your honest feelings will reveal themselves.**

emotions =	<i>relieved</i>	<i>frustrated</i>	<i>sad</i>	<i>angry</i>	<i>happy</i>	<i>satisfied</i>	<i>eager</i>	<i>curious</i>
Now that 2021 is done, how do you feel?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Why did you choose those emotions?								
Choose the top two emotions. <i>They can be similar or opposite.</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can you expand more on why you chose those?								
What have you learned from these experiences? What's your take-away?								
As you reflect, are there any completion steps you'd like to take to finish well and release it into the past?								
What nickname would you give these things that you've reflected on? <i>example - Stormy Survival 2021, Unresolved Calm 2021, Retirement Blues 2021 etc...</i>								

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<p>What is your sense of God's provision, comfort, guidance this past year? Any feelings or thoughts come to mind?</p>	
<p>Thinking ahead, what strength can you bring into the new year from what you've learned?</p>	
<p>Any other reflections ...</p>	