

2018 Reflection Challenge

***We don't learn from experience,
we learn from reflecting.***

1. What are 3 words that describe this year?
2. What was your best memory this year?
3. What did you do this year that you've never done before?
4. What was the best course, book or program you experienced this year?
5. What was the nicest thing someone did for you?
6. What was the best way you used your time?
7. What was the best choice or risk you took this year? And Why?
8. What lesson was presented to you in 2018? Did you learn the lesson?
9. What was your biggest energy vampire this year?
10. What was your biggest obstacle this year?
11. How could you have made the year better?
12. What event, person, outcome, idea or habit had the biggest positive impact?
13. What was your greatest superpower this year?
14. What was your proudest moment of the year?
15. After this year what do you know for sure?