



# a new year's worksheet

If this year were a movie, what moment would be on the poster?

What are you rebelling against?

What are a few pieces of media you consumed this year that will stay with you?

How have your priorities changed this year?

Whom have you met (or grown closer to) this year who you feel might end up being consequential in your life's story?

What existing facet(s) of your personality do you want to emphasize in the next year?

What was the hardest you've laughed this year?

What is something you let go of this year?

What's something you acquired this year that delights you?

What is something you're proud of yourself for doing this year?

What's a positive step forward you saw a loved one take this year?

What's something or someone that has re-entered your life positively this year?

What prompted the biggest emotion you felt this year?

What was a group gathering that felt magical this year?

What's your most frequently worn item of clothing right now?

What kind of art interests you these days?

If I had to guess, I'd say I'm about to enter my \_\_\_\_\_ era.

Something that \_\_\_\_\_ said that stuck with me this year is: