

Describe 2024 in three words

If 2024 were a book or movie – what would the title be?

Describe the story and main characters of 2024. Any unexpected plot twists?

Take a few minutes to write about the losses, goodbyes, struggles of 2024.

What drained your energy in 2024? Did you notice it at the time?

What ambushed you in 2024? How did you deal with it?

Take a few minutes to write about what you are grateful for from 2024?

What are you proud of yourself for 2024?

What connections have you cherished in 2024?

What new priorities have you found in 2024? Big or small

What questions and desires are you bringing with you into 2025?

2024

What is coming up for you in 2025?

Any worries about the upcoming year?

Do you have any plans already set?

Anything you desire for 2025?

