

New Year Reflection Questions 2022

Question 1: What is one question you found yourself asking over and over again in 2021? What version of an answer are you living your way into?

Question 2: How did you embody your longing for peace in 2021?

Question 3: When were you most physically joyful in 2021? How can you get there more in 2022?

Question 4: What was one of the moments you were most proud of last year? What does this proud moment tell you about what you want to spend your energy/time/money on this year?

Question 5: Who did you feel most jealous of last year? What is that person up to that you want to bring more of into your own life?

Question 6: Who really enriched your life last year in a big way? Who is someone you are wanting to get to know better in the year ahead?

Question 7: What makes you despair, and what brings you hope right now? Where does despair live in your body? Where does hope live in your body?