



A NEW DAY LIFESTYLE

10 QUESTIONS FOR NEW YEAR'S EVE

New Year, New YOU! I know we have all said that to ourselves at one point or another. Every year I like to reflect on the previous year. Did I grow as a person? Am I wiser than the previous year? Did I do something that scares me? A whole year has gone by and did I make the most of my experiences? I encourage you to grab a pen or pencil and fill out the questions. You can do it solo or with family or friends. However you see fit!

Then fill out the New Year New Goals to see where you would like to head next! Do you have any dreams this year? How about bad habits you would like to overcome? Take your time and be thoughtful, but for now Happy New Year!!!

XOXO,

Jocelyn Hagerman 

NEW YEAR'S EVE QUESTIONS

1. What was the best thing that happened to you this year?
2. What was your biggest challenge this year?
3. Pick three words that describe this year?
4. What was your biggest personal change this year?
5. What was the most enjoyable part of your work (home and professionally)?



NEW YEAR'S EVE QUESTIONS

6. What was the most challenging part of your work (home and professionally)?

7. How did you grow spiritually this year?

8. How did you grow emotionally this year?

9. What was the biggest surprise you had this year?

10. What was the scariest thing you did this year?

