

Self Reflection Questions for Regaining Control

1. What word or image would you realistically use to describe the past year?

2. What word or image would you have liked to use to describe the past year?

3. What parts of your life are making you unhappy?

4. Are you living your life in a way that supports your health?

5. Are you enjoying your life as much as you could?

6. Is your social life getting too much or not enough attention?

7. Is your familial life getting too much or not enough attention?

8. Where are you wasting time?

9. What were some of your best moments recently, and how can you have more moments like it?

10. What were some of your most challenging moments recently and what made them so? How will you respond next time?

11. What are some the most important and powerful things you learned personally?

12. How has your mood with others been with others recently, and how can it improve?

13. How well have you communicated with others recently, and how can you improve it?

14. What are some of your biggest obstacles to improving yourself?

15. How many of your plans or intentions have come true?

16. What emerged that you didn't plan for? What was your takeaway?

17. What is something you love about yourself?

18. What is something you would like to change about yourself?

19. What goals do you have, both short and long term?

20. What needs to be sacrificed in order for you to reach your goals? (ex: sleeping in needs to be sacrificed in order to fit in a workout)

21. How does next year fit into your overall purpose and contribution to the world?
