



20 QUESTIONS FOR NEW YEAR'S EVE

Whether you're headed to a party or headed to the living room with a bowl of popcorn, New Year's Eve is a great day for reflection. A whole year has passed since last New Year's Eve. You're a year older. Are you a year wiser?

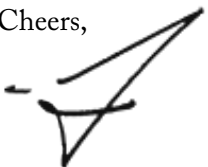
Use these reflection questions however you see fit. Want to answer these questions solo? Grab a cup of coffee and a pen, and use the space provided on the first three pages. Want to chat over the answers with your family or friends? Use the last page to cut each question into squares, then toss them in a hat to draw, one at a time.

Then, head to theartofsimple.net/newyear for another round of questions to help you think about the new year. Have any dreams? Hopes? Goals so big they make you laugh? I've created space for you to scribble down your ideas.

Wanna go even deeper? You might like to start off the year with my 10-session, completely self-paced class, Upstream Field Guide. Head to upstreamfieldguide.com to learn more.

But for now, Happy New Year's Eve! And pass over that bowl of popcorn.

Cheers,



Tsh Oxenreider

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NEW YEAR'S EVE QUESTIONS

1. What was the single best thing that happened this past year?
2. What was the single most challenging thing that happened?
3. What was an unexpected joy this past year?
4. What was an unexpected obstacle?
5. Pick three words to describe this past year.
6. Pick three words your partner would use to describe your year—don't ask them; guess based on how you think they see you.
7. Pick three words your partner would use to describe their past year—again, without asking.
8. What were the best books you read this year?

NEW YEAR'S EVE QUESTIONS

9. Who were your most valuable relationships with?
10. What was your biggest personal change from January to December of this past year?
11. In what way(s) did you grow emotionally?
12. In what way(s) did you grow spiritually?
13. In what way(s) did you grow physically?
14. In what way(s) did you grow in your relationships with others?
15. What was the most enjoyable part of your work (both professionally and at home)?

NEW YEAR'S EVE QUESTIONS

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

17. What was your single biggest time waster in your life this past year?

18. What was the best way you used your time this past year?

19. What was biggest thing you learned this past year?

20. Create a phrase or statement that describes this past year for you.

NEW YEAR'S EVE QUESTIONS

What was the single best thing that happened this past year?	What was the single most challenging thing that happened?	What was an unexpected joy this past year?	What was an unexpected obstacle this past year?
Pick three words to describe this past year.	Pick three words your partner would use to describe your past year—don't ask them; guess based on how you think your partner sees you.	Pick three words your partner would use to describe their past year—don't ask them; take a guess!	What were the best books you read this year?
Who were your most valuable relationships with?	What was your biggest personal change from January to December of this past year?	In what way(s) did you grow emotionally?	In what way(s) did you grow spiritually?
In what way(s) did you grow physically?	In what way(s) did you grow in your relationships with others?	What was the most enjoyable part of your work (both professionally and at home)?	What was the most challenging part of your work (both professionally and at home)?
What was your single biggest time waster in your life this past year?	What was the best way you used your time this past year?	What was biggest thing you learned this past year?	Create a phrase or statement that describes this past year for you.