

Reflecting on 2016

Use these questions to stimulate your memories of this past year. Not all may apply to you, but answer as many as possible. Here are two suggested approaches:

- During a quiet time of solitude, thoughtfully and prayerfully write your responses in the space provided after each question.
- Discuss your reflections in a group setting, with your spouse, or family, or small group of friends. Use the last page to cut each question into squares, and then toss them in a hat or basket to draw, one at a time.

This handout was adapted from theartofsimple.net and used with their permission

1. What was the single best thing that happened in your life during **2016**?
2. What was the single most challenging thing that happened to you during **2016**?
3. Identify one unexpected **joy** from this past year.
4. Identify one unexpected **obstacle** in this past year.
5. Pick three separate words to describe your **2016**.
6. Pick three words your spouse or family member would use to describe your **2016**.
(Do not ask them, but guess how they will respond.)

7. Describe three of your most valuable **relationships** during **2016**.

8. What were three of the best **books** you read this past year?

9. Describe your biggest **personal change** from January to December of this past year?

10. As you listened to God in **2016**, what is the single most significant thing He told you?

11. In what way(s) did you grow **spiritually**?

12. In what way(s) did you grow **emotionally**?

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)?

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 during **2016**?

18. What was the best way you used your time during **2016**?

19. What was the single most significant thing you learned during **2016**?

20. Create a phrase or statement that describes and summarizes **2016** for you.

Now, invest some time in prayer, thanking God for His presence in your life, plus His many blessings given to you throughout this past year of **2016**.

What was the single best thing that happened in your life during **2016**?

What was the single most challenging thing that happened to you during **2016**?

Identify one unexpected **joy** this past year.

Identify one unexpected **obstacle** this past year.

Pick three separate words to describe your **2016**.

Pick three words your spouse or family member would use to describe your **2016**.
(Do not ask them, but guess how they will respond.)

Describe three of your most valuable **relationships** during **2016**.

What were three of the best **books** you read this past year?

Describe your biggest **personal change** from January to December of this past year?

As you listened to God in **2016**, what is the single most significant thing He told you?

In what way(s) did you grow **spiritually**?

In what way(s) did you grow **emotionally**?

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 during **2016**?

What was the best way you used your time during **2016**?

What was the single most significant thing you learned during **2016**?

Create a phrase or statement that describes and summarizes **2016** for you.
