

# GOODBYE | HELLO

## Questions to Help You Reflect & Welcome 2023

### GOODBYE

1. What are three words, or a phrase I would use to describe 2022?
2. What was the most enjoyable parts of this year? Be as specific as possible.
3. What was one of the more challenging parts of 2022 for me, specifically?
4. In what ways did this year grow me emotionally, physically, and spiritually?
5. How have my relationship to others changed (improved, stalled, matured, etc.)?
6. How did I use my time well this past year? How did I lose the time given to me?
7. What did I learn about myself? My community? The nature of reality & this life?
8. What did I do to improve the lives of others around me?
9. What have I learned is essential in life?
10. Where did love has its way in my life this past year?
11. What broke my heart this year?
12. How am I reflecting on my pandemic experience now that another year has past?

### HELLO

1. Who could I be (and how will I live), if I believed there was nothing wrong with me?
2. What has the potential to make me bitter in 2023? Better in 2023?
3. What habit do I want to cultivate to live with more joy and love?
4. What must I carry into 2023 that was birthed in me this past year?
5. What fear is limiting me from flourishing in this next year?
6. What am I most looking forward to... in my work, play, relationships?
7. How would I like to grow physically, emotionally, and mentally this year?
8. What would I like to do to pay more attention to my soul in 2023?
9. What am I not looking forward to next year? Who will support me in this?
10. What word or phrase can act like a mantra for me to stay resilient in January?
- 11.. How will I use my power this year? How will I be gentle with myself this year?
12. What would I like to celebrate on December 31, 2023? What action should I take?