



END-OF-YEAR

# REFLECTION JOURNAL

*32 questions to ask yourself*



*Happy New Year!*

Welcome to my little end-of-year reflection journal - it's so nice to have you here! I love taking some time at the closing of each year to look back, learn, appreciate and set conscious intentions for the year ahead. After all, everything starts with a thought, doesn't it?

So, if you ever want to gain more clarity, choose your direction and re-invent yourself and your life, your thoughts are where it all begins. The following questions are some of my favourite prompts to guide and inspire this process and I hope you like them as much as I do. I wish you a flourishing next year.

Smiles & gratitude,

*Maike x*

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# How to use this journal

Set an intention to reflect on the past and upcoming year and dedicate a time and space to journal your thoughts. There are a number of different ways you can do this - here are three. I personally like to mix it up and do a bit of each!

1

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Grab a cup of tea, find a quiet spot, take a pen and a journal, get comfortable and write down whatever comes to mind.

2

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Get comfortable with a friend /your partner and take turns reading out one of the questions and answering them.

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Plug in your airpods, and take the prompts with you on a walk. Pretend to call a trusted friend and tell them your answers.



# Reflection prompts *for the past year*

1. What have been my 3 biggest achievements this year?

2. What have I been grateful for this year?

3. What would I like to let go of?



# Reflection prompts *for the past year*

4. What is something that was hard for me at the start of the year but is easy now?

5. What or who have I been able to trust?

6. Which was my favourite book/ movie/ podcast? Why?



# Reflection prompts *for the past year*

7. What are the 3 most important things I learnt this year?

8. If I had to describe this year in 3 words, what would they be?

9. What can I forgive myself for?



# Reflection prompts *for the past year*

10. What is something small I am proud of myself for?

11. What could have made this year better?

12. Whom did I love spending time with?



# Reflection prompts *for the past year*

13. How have I been honouring my boundaries?

14. Whom would I like to forgive?

15. What do I need right now?



# Reflection prompts

## *for the past year*

16. What other question would be great for me to reflect on regarding this past year? Why? And what would I answer?

**BONUS QUESTION:**

What question would I *not* like to reflect on? Why?



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Every moment is an  
opportunity to try a new  
perspective & change  
your life.



# Reflection prompts *for the next year*

1. What are 3 things I'd like to achieve next year?

2. What will support me through the next year?

3. If I had to pick 3 words to describe what I would like to manifest next year, what would they be?



# Reflection prompts *for the next year*

4. What would really excite me next year?

5. How will I ensure I honour my personal boundaries?

6. What would I like to celebrate next year?



# Reflection prompts *for the next year*

7. What relationships will I invest more time & energy into?

8. What promises will I make to myself for the next year?

9. What is one new habit I'd like to establish?



# Reflection prompts *for the next year*

10. How will I ensure I experience joy next year?

11. If next year would turn out perfect, how would I know?

12. What and who inspires me?



# Reflection prompts *for the next year*

13. What do I need in order to flourish next year? How can I make that happen?

14. What is one thing I would like to do for someone else?

15. What will I do to look after myself next year?



# Reflection prompts

## *for the next year*

16. What other question would be great for me to reflect on regarding next year?

**BONUS QUESTION:**

What question would I *not* like to reflect on? Why?



# Remember this

Whatever you set out to achieve next year, remember to do it in kindness. While it's tempting to assume that self-criticism and being hard on ourselves raises our standards and acts as a motivator, research shows that we're much more likely to succeed and feel well if we're compassionate to ourselves instead.

And if you would ever like some support to flourish in the new year, please always feel welcome to reach out or book a call.

*Maike x*

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