



REFLECTIVE PROMPTS

This year I have learned....

My biggest hero of 2020 is ... because...

If I could change one thing about this year it would be....

My greatest life lesson this year was...

The way I have changed since January as a person is...

Here are the top three things I have learned about myself this year...

I have discovered that I am.....

My biggest challenge this year was... and here is how I managed it...

If I could talk to my body, mind, soul I would tell them that 2020...

In 2021 I want to...

I hope to learn to

I am worried that 2021 might be...

I hope that in 2021....

I cannot wait to do in 2021....

I am going to change in 2021....

I know I can count onto help me

I will ask for help in 2021 if I feel.....or need...

What else is there about 2020 and 2021?

