

GARDEN OF LIFE REFLECTION

It is a simple framework using gardening philosophy to guide you. These questions will help you to consider what was really great, what you could you have done without and what you want to see more of in the New Year.

FLOWERS	WEEDS ☹	FERTILIZER
What did you love?	What would you leave out?	What will you add or improve?

1. How did I grow in the past year?
2. What was the single biggest challenge I overcame?
3. Who needs to be acknowledged in my life? Is there anyone I should express gratitude to for what they have done for me or helped me with over the past 12 months.
4. What were my most memorable, stand-out moments?
5. Pick three words someone close to me would use to describe this year?
6. What was the best thing I learned?
7. What was I most grateful for?
8. What was my single biggest time waster this year?
9. Name a song that would be my soundtrack to the past year.
10. Name the year 2021 the year of...

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