

New Year's Questions

Completing and Remembering 2008

Before beginning a new year in full force, it can be supportive to complete and acknowledge the previous year. We hope the following effective questions will help you complete 2008 and start 2009 on a strong note. Have fun!



- What was your biggest triumph in 2008?
- What was the smartest decision you made in 2008?
- What one word best describes your 2008 experience?
- What was the greatest lesson you learned in 2008?
- What was the most loving service you performed in 2008?
- What was your biggest piece of “unfinished business” in 2008?
- What are you most pleased about completing in 2008?
- Who were the three people that had the greatest impact on your life in 2008?
Have you acknowledged them?
- What was the biggest risk you took in 2008?
- What acknowledgment would you have liked to have given but didn't?
- What else do you need to say or do to be complete with 2008?

Creating 2009

May your New Year be the most meaningful, healthy, happy and prosperous ever! May you be the change you wish to see in the world!

- What would you like your biggest triumph to be in 2009?
- What advice would you like to give yourself in 2009?
- What is the major effort you are planning to improve your fiscal fitness in 2009?
- What would you be most happy about completing in 2009?
- What major indulgence are you willing to experience in 2009?
- What would you most like to change about yourself in 2009?
- What are you looking forward to learning in 2009?
- What risks are you planning for 2009?
- What about your work are you most committed to changing and improving in 2009?
- What one yet undeveloped talent are you willing to explore in 2009?
- What brings you the most joy and how are you going to have more of that in 2009?
- What can you do more of to support your co-workers in 2009?
- What can you do to express more love in 2009?
- What one word would you like to have as your theme for 2009?