

Growth, Connections, and Experience: What Can We Learn?



Part 3 - A reflection exercise for friends and family

In this three-part series, I've provided personal questions for you and prompts for your team to help you take an essential year-end pause for reflection and future planning. In this final installment, I'm giving you an exercise I find especially useful with friends and family. I've given you four categories to consider and some tips to improve your results.



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Personal Growth

- **What is one thing you learned about yourself this year?**
- **What challenge did you overcome, and how did it make you stronger?**
- **What new skill did you learn, or what old skill did you improve upon?**
- **What are you most proud of yourself for this year?**
- **What is one thing you want to work on for next year?**

Family Connections

- **What was your favorite family memory from this year?**
- **What are you grateful for about your family?**
- **What is one thing you appreciate about each family member?**
- **How can we improve our communication and connection as a family?**
- **What is one family tradition you want to start or continue?**

Overall Experience

- **What was your biggest highlight of the year?**
- **What was your biggest challenge of the year?**
- **What surprised you the most this year?**
- **What are you most looking forward to in the coming year?**
- **What is one word that describes your overall experience this year?**



Additional Exercises

- **Create a time capsule:** Each family member writes a letter to their future self about their hopes and dreams for the next year. Put the letters in a box with other mementos and bury it or hide it to be opened next year.
- **Make a gratitude jar:** Decorate a jar, and throughout the year write down things you are grateful for and add them to the jar. On New Year's Eve, read aloud all the things you are grateful for.
- **Create a top-hits playlist:** As a family, compile a playlist of songs that represent your year. Listen to it together on New Year's Eve and reminisce about the good times.
- **Have a laugh party:** Share funny stories and jokes from the past year. Laughter is a great way to bond and connect as a family.
- **Do a "more of, less of" brainstorm:** Discuss what you want to do more of and less of as a family in the coming year. This is a great way to set goals and intentions for the future.
- **Puzzle competition:** Work together as a family to complete a puzzle. This fun activity can help you build teamwork and communication skills.

Tips

- **Set aside a dedicated time free from distractions for your reflection exercise.**
- **Encourage everyone to participate and share their thoughts and feelings.**
- **Be open and honest in your communication.**
- **Focus on the positive aspects of the year.**
- **Make it a fun and enjoyable experience for everyone involved.**

