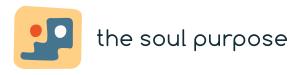


# Part 3 - A reflection exercise for friends and family

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.



### **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.

