



# REFLECTIONS FOR 2022

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JOURNALING IS A GREAT WAY TO REFLECT ON YOUR YEAR. SPEND SOME TIME RESPONDING TO THE FOLLOWING JOURNAL PROMPTS TO REFLECT ON 2022 AND PREPARE FOR 2023. YOU MAY ALSO USE THESE PROMPTS AS CONVERSATION STARTERS.

WHAT BROUGHT YOU THE MOST JOY?

HOW DID YOU NAVIGATE CHALLENGES?

WHEN DID YOU FEEL THE MOST RELAXED AND AT EASE?

WHEN DID YOU FEEL THE MOST UNSETTLED?

