

Hindsight is
2020



Questions to Reflect on the
WEIRDEST YEAR EVER.

Studio for
MINDFULNESS



Take out a piece of paper and pen to complete these answers. When starting this exercise, be sure to approach it as openly and honestly as possible for the best results. Consider meditating for a few minutes to reset your thoughts and emotions so that you can answer these questions with clarity. Pick a time and place where you will not be bothered while doing this.

1. *What is the most difficult thing you had to endure this year?*
2. *What is the biggest lesson you learned?*
3. *What was your biggest win?*
4. *How have you grown spiritually as a person this year?*
5. *What did you finally put to rest this year?*
6. *What finally blossomed in 2020?*
7. *Who are you now?*
8. *Who were you when this year began?*
9. *In what ways was this the best year?*
10. *In what ways was this the worst year?*
11. *What new tools or skills will you be taking with you into next year?*
12. *What bad habits are you leaving behind in 2020?*
13. *If you had to describe this year to someone in the future, what would you say?*
14. *If you had to do this year over again, what would you keep the same?*
15. *What would you change?*
16. *What kept you going this year?*
17. *What brought you down the most?*
18. *How have you changed?*
19. *How have you stayed true to yourself?*
20. *What are the top 5 things you most thankful for from this year?*