



15 Questions to Look Back at 2024 and Ahead to 2025

Do you have a system that you use to personally assess last year and prepare yourself for next year?

The week between Christmas and New Years can be a great time to reflect. Find a quiet place with just a journal, a pen, or a note taking app and a cup of coffee. It might also be helpful to have access to your calendar, so that you can review the major events of the year. I like to switch it up with questions each year. Here are 14 generic questions (ie. not overly pastoral or spiritual, but more broad-brush stroke about life in general) that I'm going to use as part of my arsenal this year. If they're helpful, please feel free to use them too!

LOOK BACK

If 2024 were a book, what would its title and most pivotal chapter Title be? Why?

What moments from this year felt like the most vivid, life-defining snapshots of who I AM becoming?

What did I say “yes” to this year that stretched Me the most, and what did I say “no” to that gave Me peace?

Which habits or routines shaped My daily life the most in 2024, and were they life-giving or life-draining?

When I think about the people who impacted My year the most, who stands out and why?

What challenges or failures did I face in 2024, and how did they refine my character or deepen my dependence on God?

If I could relive one day from this year, what day would it be and what made it so memorable?

What risks did I take this year, and how did they change My perspective, whether they succeeded or not?

How have I balanced the demands of WORK, FAMILY, and other obligations? Where have I been most faithful, and where do I need to realign my priorities?

What scripture, truth, or spiritual discipline anchored me in seasons of difficulty or doubt, and how can I continue to draw strength from it?

LOOK AHEAD

As I look ahead, what's one word or phrase that captures MY VISION FOR 2025, AND WHAT DOES IT MEAN TO Me?

If 2025 were a blank canvas, what colors and textures would I want to paint it with, and what would be the centerpiece of the painting?

What areas of MY life do i hope to grow in next year, and what first steps will i take to nurture that growth?

What relationships do I want to prioritize in 2025, and how will I be intentional about deepening those connections?

What is one risk, dream, or challenge I've been holding back on that I'm ready to embrace in 2025? What will success look like?
