



## Evaluate Your Life Day – October 19<sup>th</sup>

Here are 19 questions you can use to take stock:

What, or who, are you most thankful for?

What was your favorite compliment that you received this year?

What topics did you most enjoy learning about?

What was your favorite place you visited this year?

What was the best way you used your time this past year?

What activities made you lose track of time?

What was your single biggest time waster this past year?

For what do you deserve a pat on the back?

In which area(s) did you thrive?

In which areas did you struggle?

What three books had the greatest influence this past year?

If someone wrote a book about your life this past year, what genre would it be? A comedy, love story, or something else?

If you had to describe your experiences over the past year in three words, what would they be?

What was your most common mental state this year (e.g., excited, curious, stressed)?

What one thing would you do differently and why?

How did your overall outlook on life evolve?

What was the most important lesson you learned this year?

What was your biggest revelation or enlightenment this year?

What advice would you have given yourself at the beginning of this year if you could?