

**Year in Review**  
**2023 COMPLETIONS AND 2024 NEW BEGINNINGS**

1. What was the smartest decision you made in 2023?
2. What decision have you made for 2024 that you are really intent on and proud about?
3. What is one dumb thing you did in 2023 that you are willing to forgive yourself?
4. What one word best sums up your 2023 experience?
5. What was your single biggest success of 2023?
6. What do you imagine, or expect, will be your biggest success of 2024?
7. What were three disappointments you had in 2023?
8. List ten of your greatest 2023 pleasures. Circle the ones you'd like to repeat in 2024.  

1)	6)
2)	7)
3)	8)
4)	9)
5)	10)
9. What was the most outrageous adventure you had in 2023?

10. What was the wisest advice you received in 2023?
11. What advice do you give to yourself for 2024?
12. Name three people who had the most impact on you and your life in 2024?
13. If you could go back and do one thing differently in 2023 what would it be?
14. What was the biggest talent you demonstrated in 2023?
15. What is one, as of yet, undeveloped talent you possess and are most willing to explore in 2024?
16. Who was the one person, other than yourself, you most loved at the beginning of 2023?  
How do you feel about this person right now?
17. Who is the one person you love most at the beginning of 2024? Explain briefly why.
18. Name the single event you are most looking forward to in January 2024?
19. Give one reason you are better at commitment in relationship than you were a year ago?
20. Name the three areas of your life you feel moved forward in 2023?
21. Name the one activity you are most willing to delegate more time to in 2024?
22. What was something that turned out better than you expected in 2023?

23. Name one major indulgence you gave yourself in 2023?
24. What new major indulgence are you willing to experience in 2023?
25. Name one object you bought in 2023 that gave you the most pleasure and satisfaction?
26. Name the one person that gave you the most pleasure and satisfaction in 2023?
27. What do you expect will be your greatest source of pleasure and satisfaction in 2024?
28. What was the best idea you had in 2023?
29. What are you most happy about having completed in 2023?
30. What would you most like to complete in 2024?
31. What is the one thing you are most committed to for 2024?
32. What was the biggest financial surprise of 2023?
33. What are you now planning that you think will most affect your personal wealth in 2024?
34. What one friend didn't you connect with in 2023 that you'd most like to see in 2024?

35. Who were three people in your life you most enjoyed getting to know in 2023?
36. What was one compliment you received in 2023 that really pleased you?
37. What one compliment would you pay yourself about your 2023 performance?
38. What one compliment would you most like to receive and from whom in 2024?
39. What is one way you could be more open/honest/vulnerable in 2024?
40. Who is the one person you met in 2023 you would most like to get to know better?
41. What is the single biggest risk you took for yourself in 2023?
42. What is the biggest risk you are now willing to take in 2024?
43. What about 2023 totally surprised you in comparison to what you expected?
44. What was the funniest thing that happened to you in 2023?
45. What was the saddest thing that happened in your life in 2023?
46. What new thing did you do in 2023 that you would most like to repeat in 2024?
47. What new thing do you think you will do in 2024 that you have never done before?

48. What one single thing are you most willing to eliminate from your life in 2024?
49. If you could choose one day in 2023 to completely duplicate in 2024, which day would it be?
50. What is the biggest change in you that someone who hasn't seen you in the past year would notice?
51. What do you expect will be the biggest change you will undergo in 2024?
52. Name your three greatest entertainment pleasures in 2023? – movies, tv, live performances, etc.
53. What was your most memorable and pleasurable meal in 2023?
54. What was the most loving experience you had in 2023?
55. What workshop, tape, or book most impacted your personal growth in 2023?
56. What new workshops, courses or books are you planning to use for yourself in 2024?
57. Name something new and extravagant you are willing to do for yourself early in 2024?
58. What is one brand new way to earn money you are willing to consider in 2024?
59. What was most exciting about your work in 2023?
60. What about your work are you most looking forward to in 2024?

61. What about your work are you most committed to changing in 2024?

62. What is the one place you most enjoyed spending time in 2024?

63. What new place would you most like to visit in 2024?

64. What one word would you most like to have as your theme in 2024?

Happy New Year!