

QUESTIONS FOR CONVERSATIONS

Find a friend to sit down with, preferably with hot drinks on cozy chairs, and take turns going back and forth asking the questions and reflecting on the responses. You could cut up the questions and randomly draw them so you don't know what is next, or go in order, or randomly choose the ones that appeal to you.

Off the top of your head, list your top favorite memories, important events, or other things of note from this past year.

What is the biggest lesson you learned this past year that you can encourage someone else with?

What is the biggest risk you took this past year? Did it make you more timid about future risks, or strengthen your risk taking skills?

What was the most pleasant surprise from this past year?

Who are the three people that influenced you the most this past year? How do you see this influence?

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Which tangible object was the most important or significant to you this past year?

What was your favorite gift from this past year?

What is your greatest accomplishment from this past year?

What were you not able to accomplish this past year?

Was there a new food, or new recipe, that you tried this past year?

Where was your favorite place that you traveled this past year?

Were any new friendships nurtured this year?

Were any old ones nurtured in significant ways?

What was the most interesting book you read in the past year?

Did you talk to anyone about any of the books you have read this year?

Were any new traditions started that were special to you?

Any carried on traditions that you appreciate?

What hobbies did you indulge in this past year?

Did you do anything that you have been wanting to do for a long time? (Knock anything off your bucket list?)

Did you discover anything new about yourself this past year?

Choose five words to define your past year.

What are you most thankful for from this past year?