

New Year Reflections 2020



Who or what helped me cope with the hard parts of this year?

What do I hope to remember about this year? What did I learn about myself?

Favorite book I read or movie I saw in 2020?

What worries me the most about 2021?

Hardest thing about 2020?

A good memory or unexpected joy of 2020?

In 2021, I hope to ...

Circle the things on this list that I want to continue or build on as I move into 2021.

Three words to describe 2020 for me:

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Cut these out, put them in a jar,
& share with friends & family.

Who or what helped me cope with the hard parts of this year?	What worries me the most about 2021?
What do I hope to remember about this year?	In 2021, I hope to ...
Favorite book I read in 2020?	Three words to describe 2020 for me:
Hardest thing about 2020?	What did I learn about myself this year?
A good memory or unexpected joy of 2020?	Favorite movie I saw in 2020?