

20

Family Reflection Questions To Discuss Before The New Year



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1. What was an important lesson you learned from your family this year?
2. What did your family accomplish this year that you are most proud of?
3. What was the biggest disappointment for your family this year?
4. What do you wish you had done more of as a family this past year?
5. What are you most grateful for this past year?



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6. Pick three words to describe this past year with your family.
7. What was your favorite family vacation?
8. What do you want your family to do differently next year?
9. What are some things your family did right that you want to continue in the New Year?
10. What obstacles did your family face this past year?



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11. What is your favorite memory from this past year of spending time with your family?
12. What did your family do this year that they have never done before?
13. How was your family supportive this past year?
14. How can your family be more supportive in the New Year?
15. What does your family need to do more of in the New Year ?



Reflection Cards (Cut out and put in a hat)



What was an important lesson you learned from your family this year?



What did your family accomplish this year that you are most proud of?



What was the biggest disappointment for your family this year?



What do you wish you had done more of as a family this past year?



What are you most grateful for this past year?



Pick three words to describe this past year with your family.



What obstacles did your family face this past year?



What was your favorite family vacation?



What do you want your family to do differently next year?



What are some things your family did right that you want to continue in the New Year?



What is your favorite memory from this past year of spending time with your family?



What did your family do this year that they have never done before?



How was your family supportive this past year?



How can your family be more supportive in the New Year?



What does your family need to do more of in the New Year?



What does your family need to do less of in the New Year?



How did you treat family members this last year?



How can you improve your relationships with family members in the New Year?



What did you do this year
with your family that you
will remember for the rest
of your life?



What did you love most
about being in your family
this past year?

