

*Are you happy with how your year turned out?*

How did you grow this past year?

What's not working in your life?

What is going well?

How is your attitude? Towards yourself and others?

Is your life heading in the right direction?

Are you planning for the future?

Are you being the type of person that you would want to spend time with?

Are you healthy? Physically? Mentally? Emotionally?

How are your relationships? With others? How about your relationship with yourself?

What is one goal you have for EACH area of your life?

Have you experienced anywhere new this past year?

Have you done ANYTHING to step outside your comfort zone?

Going forward, what kind of young adult do you want to be?

What do you want for your life?