



EXERCISE #1: CALENDAR REFLECTION

Review your calendar, journals, and pictures to reflect on the highs and lows of the year by month.

January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	



EXERCISE #2: YEAR OVERVIEW

List off a general overview of what the year looked like in regards to the following.

State of Marriage	
State of Family	
State of Ministry	
Sweet Moments	
Setbacks	
Significant moments	
Spiritual Habits	
Sin Struggles	
Significant Lessons	
Scripture	
Sayings	
Songs	
Strongest Emotions	



EXERCISE #3: REFLECTION QUESTIONS

Spend time giving thoughtful response to the following questions.

Spiritual health

List 5 words which describe your spiritual health?

- 1.
- 2.
- 3.
- 4.
- 5.

What have you desired most in this past year?

Where have you experienced growth?

Where have you felt the greatest sense of peace and a sense of God's presence?

What spiritual disciplines connected you most with God this year?

How did you relate spiritually to your spouse, family, and community?

EXERCISE #3: REFLECTION QUESTIONS

Spend time giving thoughtful response to the following questions.

Physical Health

List 5 words to describe my physical condition this past year.

- 1.
- 2.
- 3.
- 4.
- 5.

How was your sleeping habits? What did you do before bed? When you woke up?

What was your rhythms of exercise and diet like this year?

Emotional health

List 5 feelings that were most prevalent in your life this past year.

- 1.
- 2.
- 3.
- 4.
- 5.

When were you were the happiest this past year? Who were you with?

Where did you feel the greatest sense of sadness/ loss/ stress? Who helped you in those moments?



EXERCISE #3: REFLECTION QUESTIONS

Spend time giving thoughtful response to the following questions.

Vocational health

Is your current vocation where you wanted to be at this point in your life?

How closely did you connect your job (what you do) to your identity (who you are)?

How is the balance of your work/ life/ relationships/ family?

Do you feel like your job and your calling are aligned?

Relational health

Who has been life-giving this past year and why?

Who has been life-draining this past year and why?

Where did you thrive with your family? Where did you struggle?

What relational conflicts did you face and what was the outcome of them?

EXERCISE #4: GROWTH PLAN

Think through where the LORD is leading you in the coming year and how you will walk with him there.

This year, I see the LORD leading me **spiritually** to...

by his strength and grace working in me, I plan to....

This year, I see the LORD leading me **physically** to...

by his strength and grace working in me, I plan to....

This year, I see the LORD leading me **emotionally** to...

by his strength and grace working in me, I plan to....

This year, I see the LORD leading me **vocationally** to...

by his strength and grace working in me, I plan to....

This year, I see the LORD leading me **relationally** to...

by his strength and grace working in me, I plan to....





YEAR END REFLECTION

EXERCISE #5: WRITE A LETTER TO GOD

Based on the above, write a letter to God of gratitude, confession, request, and ultimately trust in him for the past and coming year.