

# See Ya Later, 2016!

**Congratulations!** You've almost made it to the end of 2016! This is a great time to think about how the year went. What are some good points? What are some areas you'd like to improve? This isn't a "New Year's Resolution" exercise. It's a "Let's Think About This Now" exercise. Don't stress about the perfect answer; just write down the first thing that comes to mind, as honestly as possible.

Favorite Family Memory . . . _____ _____ _____ _____	Favorite Friend Memory . . . _____ _____ _____ _____	A Truly Happy Moment . . . _____ _____ _____ _____	Best Place I Went . . . _____ _____ _____ _____
Something I Accomplished . . . _____ _____ _____ _____	Someone I Connected With . . . _____ _____ _____ _____	At My Most Creative . . . _____ _____ _____ _____	If I Could Do It Again . . . _____ _____ _____ _____
I Think I Could Do Better . . . _____ _____ _____ _____	Who Influenced Me Most . . . _____ _____ _____ _____	My Physical Health . . . _____ _____ _____ _____	My Spiritual Life . . . _____ _____ _____ _____
I'm Most Grateful For . . . _____ _____ _____ _____	I Probably Spent Too Much Time . . . _____ _____ _____ _____	The Best Season of '16 . . . _____ _____ _____ _____	A Favorite Phrase, Quote or Verse . . . _____ _____ _____ _____



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