

10 Questions to Ask Yourself Before the New Year

Dive into these thought-provoking questions to help you reflect on the past year and prepare for an intentional and successful 2025.

1. What was the best part of the past year?

2. Who am I really wanting to spend more time with?

3. What has been making me feel more like myself lately?

4. What's one thing I want to let go of from this year?

5. What do I need to show up as my best self?

6. What word or picture do I want to define my year?

7. What's one fear I want to overcome this year?

8. What contribution do I most want to make this year?

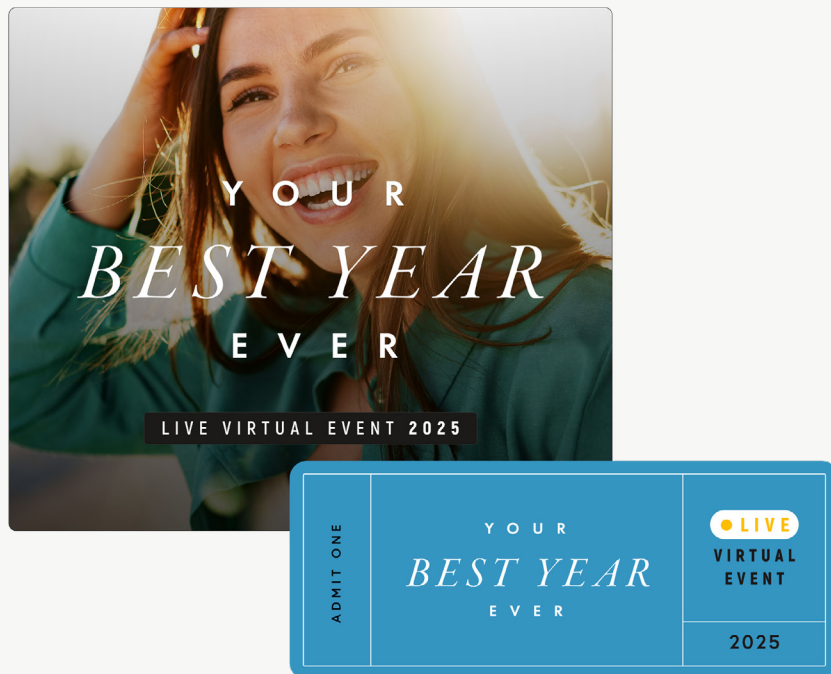
9. What would make me feel proud at the end of the year?

10. In 2025, wouldn't it be fun if _____ ?

Join Us For *Your Best Year Ever*

Your Best Year Ever is your chance to make 2025 your year. The year you actually turned things around. The year you stopped beating yourself up and started making changes that actually add up.

It brings together the best goal-achievement research into a two-day live, online event that won't just inspire you, but leave you with an action plan that actually works (all year long).



Join us January 3–4 to unlock your potential
and step into your future with purpose.



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