

Questions for a New Year

Resolutions, goals, pursuits, dreams... Whatever you want to call them, new year's resolutions are often made and then quickly broken. Why not spend some time reflecting on what you REALLY need and want for this year? Use these reflection questions however you like.

There's no right or wrong way to use this... Simply reflect, brainstorm, and discover what you're dreaming. And if you want to take this further, you might want to create your own Rule of Life. Go to tshoxenreider.com/rule to learn more.

PERSONAL GROWTH

1. What character traits or virtues would you like to see developed in your life this year?
2. What accountability might you need for developing your personal growth?
3. What are some topics or skills you'd like to learn this year?
4. What books would you like to read this year?
5. Do you find fulfillment in your vocation? If so, name what you find fulfilling to remind yourself. If not, what might be some ways to find this fulfillment?

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PHYSICAL HEALTH

1. What is one way you'd like to maintain or improve your physical health?
2. Why is this important to you?
3. What are some tangible, daily choices you could make to improve your health?

MARRIAGE & FAMILY LIFE

If you're single, feel free to skip these (or answer some other creative way).

1. What are some areas where your marriage is strong? What are some areas where you could use more strength in your marriage?
2. What is your plan for connecting regularly (i.e., date nights)? How will you handle childcare?
3. Do you have vacation time in mind for this year? What needs to happen to make a vacation a reality?

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GOALS FOR YOUR CHILDREN

Your mileage may vary with these depending on their ages and stages. Use however you like.

1. What are ways you'd like each of your children to grow in the following areas?

a. Physically:

b. Emotionally:

c. Relationally:

d. Spiritually:

e. Educationally:

f. Other:

2. How will your children learn this year? What are some resources you'd like to explore to help your children develop intellectually and academically?

3. What are your children's strengths? How will you help them develop them?

4. What are your children's weaknesses? How will you help them engage with them?

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MONEY MATTERS

1. How is your current income? Are you content with this amount?
2. How is your savings, both short-term (i.e., emergency fund) and long (i.e., investments)? Are you content with this amount?
3. How much debt do you have? Are there ways you can decrease it this year?
4. Are you giving regularly? If not, in what way can you give more this year?
5. What are some of your long-term financial goals?
6. What is one area where you'd like to strengthen your financial health this year?

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RELATIONSHIPS OUTSIDE THE FAMILY

1. In what ways would you like to develop your relationships outside your immediate family?
2. What are some ways you can serve your community?
3. Who are some specific people in your life that could use some encouragement?
4. Who are some people in your life that you admire? What are some ways you could positively use their influence in your life?
5. Are there any damaging relationships in your life? Is there something you could do to make these relationships better?

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MAIN PRIORITIES

Take a moment to reflect on your answers to all these questions. If you're inclined, apply these answers by naming what's most important to you for this year.

1.

2.

3.

4.

5.
