
5. What roles do I play in my life?

Example Roles: Parent, Wife, Cook, Designer, Adventurer, Family Member

6. Which role do I want to be my main focus for the next year?

7. What is my biggest goal relating to my main focus/role this year?

Examples:

1. Read to my children for at least thirty minutes three times a week.

9. What is my word of the year?

Many of these questions were borrowed from the book “Your Best Year Yet!” by Jinny S. Ditzler. For a deeper dive into this process, get the book from your local library or bookstore.