NYE Worksheet

WHAT HAPPENED THIS YEAR?

WHAT DID YOU LEARN THIS YEAR?

Write about what you may have learned about yourself or your past relationship over this year. Can you take any of these learnings to help you as you move forward?

WHAT DID YOU DO WELL THIS YEAR?

What did you contribute to the relationship that you feel proud of? Are there times when you showed up in a way that made you feel good? What were those times and what can you be proud of?

WHAT DO YOU WANT TO IMPROVE ON?

Are there certain ways in which you wished you could have improved in your last relationship? Perhaps you recognize that your communication skills can be improved, or that you can work on forgiveness. Don't beat yourself up, but gently reflect on what you want to do better so you can use this information moving into the new year.

WHAT DO YOU WISH TO LEAVE BEHIND?

There may be a few things you want to leave behind as we enter the new year. This could be old beliefs about yourself, old habits that are not serving you, or your past relationship. Take time to think about what isn't serving you and gently work on letting go of these things.