



Hopeful Thoughts and Plans for the Year Ahead

What is one realistic thing that would need to happen to make the year ahead the best year of your life?

A year from today, what is one situation in your life that you hope you will have completely resolved?

What is one positive or productive thing that you hope to be still doing a year from now?

If you had to make a word or phrase to define the upcoming year of your life, what would it be?

A year from now, what is one thing that you want to be proud of?

What is at least one key to success for you in the upcoming year?

What is something you can keep in mind to avoid any new regrets or big mistakes in the upcoming year?

In a year from now, what is one life area of improvement where you want to be able to say, "I've truly grown"?

What is a challenge you hope to be able to tackle or manage successfully in the upcoming year?

What is one thing you will do to help someone you love in the next year?

What is one thing you will do specifically to become a better person in the next year?

What is something that will guide you to good decisions in the next year?

What is one temptation you hope to resist in the next year?

What is an area where you want to learn more about in the next year?

What is one upbuilding or inspiring experience you would like to have in the next year?

What is a positive habit you would like to develop in the next year?

What is an emotion that you want to be able to say you have learned to manage better in the next year?

What is one realistic thing that you believe can help make you happier in the next year?

What is an area where you want to be stronger in the next year?

If you could realistically say "I am an expert" about something in the next year, what would it be?

What is one thing about your attitude you would like to change or improve in the next year?

What would be an ideal, but realistic, situation for you one year from now regarding work, career, or education?

What is one thing different about your living situation you hope to achieve in the next year?

What is one thing you hope for your family in the next year?

Where is one new place you realistically hope to go to in the next year?

What is one health goal you want for yourself in the next year?



Fantasies and Predictions for the Next Year

If you could have 15 minutes of fame for something next year, what would you want it to be?

If you could meet one famous person in the next year, who would you pick?

If you could pick now which day in the upcoming year is going to be your best one, which would you pick?

If you could have one really unusual experience next year, what would you want it to be?

If you could pick your own recurring dream at night for the next year, what would it be?

If someone paid you not to do something that you are still doing today, for the next year, what would you pick?

What is one prediction you have for the next year in the world?

What is one unexpected thing you predict for your own life for the next year?

You can have your favorite team in your favorite sport win the championship in the next year, who do you pick?

What is one fad you think will start or make a comeback in the next year?

You can be stronger or smarter in the next year, which would you pick and why?

You get an opportunity to do one thing you have never done in the next year, what do you choose?

What is one thing happening with someone famous that you see happening in the next year?

What is a law you would like to see made in the next year?

You get a mysterious box at your doorstep with a note that says, "You are going to have the best year of your life because of this, but it's not money and you can't sell it" – What is in the box?

You get free meals from one restaurant chain for the next year what do you pick?

You get a free paid trip and tickets to one event next year what do you pick?

Thoughtful Questions to Close Out Group

- **What are one or two things that stood out to you from today's discussion that you want to take away with you and try to make a reality in the next year?**
- **What are three things you will make a priority in the next year?**
- **How do you plan to stick with and achieve your goals in the next year?**

For information on how to stick with goals watch the following 10-minute video:

[DON'T JUST SET GOALS KEEP THEM GOING...](#)