

CREATE A LIFE YOU LOVE THIS YEAR

GOODBYE
2020
HELLO
2021

A REFLECTIVE JOURNAL

Project Love

**A lot can change,
a lot can happen in
just one year.**

**Let's see what
happened in your life...**

WHAT HAPPENED IN YOUR LIFE IN 2020?

So, here we are at the end of another year. The Earth has completed another full circle around the Sun. And in those 12 months your life has been a mixture of happy and sad moments, things to celebrate and challenges to overcome. And throughout it all you have grown and learned in the process.

Now it's time to take a moment, step back and reflect on the year you've just lived.

Over the following pages you'll be answering questions designed to help you recall your biggest moments from 2020: your happiest memories, the problems you've solved and the biggest lessons you've learned.

If at first you find it hard to recall things then take it slowly. Go month by month, perhaps using your calendar to help remind you of what you got up to over the past year.

Remember that there are no right or wrong answers to any of these. You might have just a few lines to write for one question, but with others, you might have so much you want to write you'll need to use the extra pages at the back of the book.

The key is to relax, spend a little time pondering each question and enjoy remembering all the things that happened in 2020...

**WE DELIGHT IN
THE BEAUTY OF
THE BUTTERFLY,
BUT RARELY
ADMIT THE
CHANGES IT HAS
GONE THROUGH
TO ACHIEVE THAT
BEAUTY.**

Maya Angelou

What was going on in your life this time last year?

How were you feeling?

As you looked ahead into 2020, what did you want it to be all about for you?



**What happened
in 2020?**

What were the main events and milestones in your life in 2020?

What did you create, achieve and make happen in 2020 (the big and the small)?

What were your happiest moments?

When did you have the most fun?

When and where did you feel the most at peace?