

30 FAMILY REFLECT DAY QUESTIONS

1. In what way did you grow physically this year?
2. In what way did you grow spiritually or emotionally this year?
3. Name 3 things you learned this past year.
4. What were two adventures you enjoyed this past year?
5. What do you want to do less of as a family this coming year?
6. What is a movie you really enjoyed this past year?
7. Describe your family in three words.
8. What do you want to do more of as a family this coming year?
9. What advice would you give your parents?
10. What is the title of a book you really enjoyed this year?
11. What are two things you enjoyed doing with your family this past year?
12. Did you make time to regularly connect with God this past year?
13. How do you want to continue connecting with God or change it this coming year?
14. What did you accomplish this past year that you're proud of?
15. Share how God showed up in your life this past year.
16. What is something you did this past year to help someone?
17. What was the biggest time waster in your life this past year?
18. What was something challenging you experienced this past year?
19. Name 3 specific things you're grateful for this past year.
20. What does your family need to do more of this coming year.
21. If you could go back and change something that happened last year what would it be?
22. What's something you did really well last year?
23. What are two things you want to try this coming year?
24. What's one hard lesson you learned?
25. In three words describe this past year.
26. Who were your most valuable relationships with this past year?
27. Share one or two of your favorite memories with your family this past year.
28. What's one thing that happened this past year that you think you'll remember for the rest of your life?
29. What character struggle did you have this past year that you want to change this coming year?
30. What's a new skill or talent you learned this year?