

# Reflect, Celebrate, and Grow:

## End-of-Year Reflection for Moms

*Take a few quiet moments to honor your journey this past year. Answer these questions with love and grace toward yourself.*

1. What is one moment this year that filled my heart with pride?
2. How has my relationship with my teen or adult child grown?
3. What was the biggest challenge I overcame this year as a mom?
4. What unexpected joy did I experience this year?
5. In what ways did I grow as a woman, not just a mother?
6. What is something my teen/adult child taught me this year?
7. What do I want to leave behind as we move into a new season?
8. What tradition, habit, or memory do I want to carry forward?
9. How can I show myself more kindness in the year ahead?
10. What three words would I use to describe this season of motherhood?