**The Art of Healing: Reflecting on the Past Year**

What was the single best thing that happened this past year?

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What was the single most challenging thing that happened?

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What was an unexpected joy this past year?

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What was an unexpected obstacle?

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What did you create this year?

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With whom were your most valuable relationships?

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What was the most enjoyable part of your work (both professionally and at home)?

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What was your single biggest time waster in your life this past year?

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What was the best way you used your time this past year?

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What was biggest thing you learned this past year?

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Pick three words to describe this past year.

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