



## GOOD QUESTIONS

A few good questions to answer on New Year's Day—or any day.

Write answers in your journal. Or discuss aloud with a friend. Or chat around the dinner table with your family. Or use these questions as writing prompts to spark an idea for a new blog post, article, or essay.

Answer all of the questions at once. Or space things out and do one question per day. Enjoy!

1. What were some of my biggest priorities from the last 12 months? Are my priorities the same right now—or have things changed?
2. What's a class I'd like to take/something I'd like to learn this year?
3. What's a beautiful place in my local town/city/community that I'd like to visit this year?
4. What are some loose ends I'd like to tie up? Any unfinished business I need to handle? What would bring me peace of mind?
5. What are some of my favorite memories/experiences from the last year?
6. What's something I definitely want to experience in the upcoming year?

7. Is there something I've been doing lately that's not feeling good anymore? Do I need to keep doing it? What would happen if I cut back—or stopped completely?

8. What's a very tiny upgrade (tiny purchase, tiny lifestyle change, tiny habit) that would make my life feel significantly better?

9. What am I bored of?

10. Who are some people I feel jealous of right now—and why? What do they have that I want?

11. Is there someone who's been a really important part of my life this year—like an amazing friend, mentor, or colleague? Have I said "thank you" to this person recently?

12. What's something I see out in the world that breaks my heart? What could I do, say, create, or contribute to be "part of the solution"?

13. Fill in the blank: "This year, one of the best decisions I made was \_\_\_\_\_."

14. Fill in the blank: "This year, I feel proud of myself because \_\_\_\_\_."

15. Fill in the blank: "If I had 24 hours to live, here's what I would do... \_\_\_\_\_."

[Here are 100 more questions that you might enjoy.](#)

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## ABOUT ALEXANDRA

[Alexandra Franzen](#) is a writer and entrepreneur based in Hawaii.

Her writing has been published in places like *Time*, *Forbes*, *Newsweek*, *The Huffington Post*, and *Lifehacker*. She's been mentioned in places like *The New York Times Small Business Blog*, *The Atlantic*, *The Los Angeles Times*, and *Inc*.

She's the author of several books, including [The Checklist Book](#), [You're Going to Survive](#), and [So This Is the End: A Love Story](#).

She teaches classes on writing, communication, creative marketing, productivity, setting intentions and goals, and simplifying life and work. She has led classes in 18 cities around the world—and online, too.

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