

Your Possible Home

Building Meaningful, Enduring Family Bonds in the Age of AI


www.YourPossibleHome.com

Annual Reflection Prompts

One sitting a year. Same questions. Different answers.

The most useful thing you can do for your future self and your children is to answer the same set of questions once a year, and watch the answers shift over time. A decade of these tells a story no single entry could.

This isn't journaling, exactly. It's more like a yearly photograph of your inner life. You sit down once, you answer honestly, you save it, and you do it again next year. Over time, the document becomes a record of who you've been and who you're becoming.

When to do it

Pick a date that's meaningful to you and stick to it. New Year's Eve. Your birthday. The first day of school. The week between Christmas and New Year. The point isn't the date. The point is that it repeats.

Block ninety minutes. Make tea. Put your phone in another room. Do this somewhere quiet enough to think.

The prompts

This year challenged me by

This year taught me

A belief I held at the start of the year that's shifted

A mistake I learned from

A relationship that grew this year, and how

A relationship that needs attention

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What I want my children to remember about this year

What I'm proud of

What I'm still working on

A way I saw God show up

A way I felt distant from God, and what I'm doing with that

What I'm carrying into next year

What I'm choosing to leave behind

How to keep them

Use the same document every year. Add a new dated section at the top each time. Don't go back and edit old entries. The honesty of who you were last year is part of what makes this valuable a decade from now.

If you want to share these with your children eventually, you can. If you want them to be private until after you're gone, that's also right. The decision is yours and you can change it later.

A note on the hard years

Some years you'll sit down to do this and the honest answers will be heavy. Don't soften them for the document. The years that broke you are part of the record too, and your children will need to know that you struggled and kept going. That's the whole point of leaving this behind.