

Name: _____

Date: _____

2022 Exit Interview

Fill out this form before the end of the year. Honest answers only.

1. What parts of yourself did you get to meet this year?

2. A memory from this year that you never want to forget:

3. Where are you getting too comfortable? What would taking a risk look like?

4. What do you want to manifest in love next year?

5. Whose energy is easy to be around? Whose energy is hard to tolerate?

6. Fill in the blank: "I'll be upset with myself if I'm still _____ next year."

7. What did your bad days have in common this year? What stood out about your good days?

8. What's one thing you want to have done by this time next year? Big or small.

9. A very realistic change you can start today:

10. One thing you'd like to tell your future self: