



**MOVING MINDFULLY  
INTO 2025**

A Reflective  
Worship Service

# MY MEMORIES OF 2024

TAKE A FEW MINUTES TO JOT DOWN WORDS OR PHRASES  
ABOUT YOUR MEMORIES OF THE PAST YEAR

# TWENTY QUESTIONS

What did you do in 2024?

What didn't you do?

What did you do for others?

What did you do for yourself?

What places were important to you?

Who were the people who were important to you?

What were the ideas that were important to you?

What was the most memorable thing you experienced?

What challenged you?

What surprised you?

# TWENTY QUESTIONS CONT.

What was the most important decision you made?

What was the biggest lesson you learned?

What was your proudest accomplishment?

What did you discover about yourself?

What did you embrace?

What did you let go of?

What gave you energy?

What depleted your energy?

What brought you joy?

What were you grateful for in 2024?



# SUGGESTIONS FOR GOING DEEPER

USE THESE LATER; TAKE ABOUT HALF AN HOUR FOR EACH PROMPT

- Choose a memory or answer to one of the twenty questions, and spend some time journaling about it. Allow yourself to go back and review what you've written. You may want to highlight frequently occurring words or phrases to see what patterns or themes have emerged.
- What things kept you awake at night this past year? What were the "worst things" of 2024? Spend a few minutes jotting those down, but don't take too long. Scientists have determined that our brains are wired to remember negative experiences more readily than positive ones. While we almost immediately experience the "fight or flight" instinct that encodes experiences in our memory, it takes about 30 seconds to create a memory of happiness, wonder, joy or awe. So spend most of your time remembering what made you happy in 2024 - and change your brain!
- Write your own poem for 2024!
- If year 2024 was a movie, what movie would it be? What book title? What would have been your theme song for 2024? Is there a work of art that depicts how you experienced the last year?

# CERTAINTIES AND ASPIRATIONS

WHAT WILL CHANGE IN 2025?

WHAT WILL STAY THE SAME?

WHAT WILL CHALLENGE YOU?

WHAT ARE YOU LOOKING FORWARD TO?

WHAT WILL YOU SAY YES TO?

WHAT WILL YOU SAY NO TO?

WHAT WILL YOU NURTURE?

MY WORD FOR 2025 IS \_\_\_\_\_