

Frisc^{PUBLIC}o Library

Activities at Home

2020 Reflections

2020 has been a tiring year, but despite the terrible things that had happened, we've all grown from it as a result. Reflecting can help you summarize your year and see how much you've grown as a person into a new 2021.

Reflection can happen through different methods depending on personal preference so scroll through and see different ways you can reflect.

A letter to your past:

Write a letter to your past self in the beginning of the year, when quarantine started, or whenever you want in 2020. Ask yourself these questions:

- How did you feel at that time?
- How could you comfort your past self?
- What is one piece of advice that you have learned from that experience?
- What was your favorite memory during that time?
- Who was your comfort person during that time?
- What was an activity that took your mind off things?
- When did you feel the happiest?
- Where did you feel the happiest?

Seal that letter and set it aside. Whenever you feel down, look at it and see that your making progress. Slowly, but steadily.

Reflecting through pictures:

Scroll through your camera roll from the beginning of the year. Pick out pictures that you associate with important moments. For example, pictures with friends, a picture of a place you went, a specific memory. You can compile these into a video or an album to see how your 2020 went. Think about how you were as a person back then and then think back to now and how much you have changed.

Reflecting through people:

Ask your friends or family how much you have grown and changed from the beginning of the year to now. You can ask your family to see how you have coped with quarantine and the pandemic. You can FaceTime your friends or message them to ask how you think you have changed. Other people can see those small changes that you may skip over and identify them for you.

Unpack your 2020 and continue to learn and grow into the future. Happy reflecting!