

# More Life in *Process*

## MEMBERSHIP

Psychological Flexibility  
From the Inside Out

 Diana Hill PhD



## 23 QUESTIONS TO LAUNCH YOUR NEW YEAR

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# A Psychologically Flexible You in 2023



## 23 Questions to Launch Your New Year



# Psychological Flexibility in the New Year

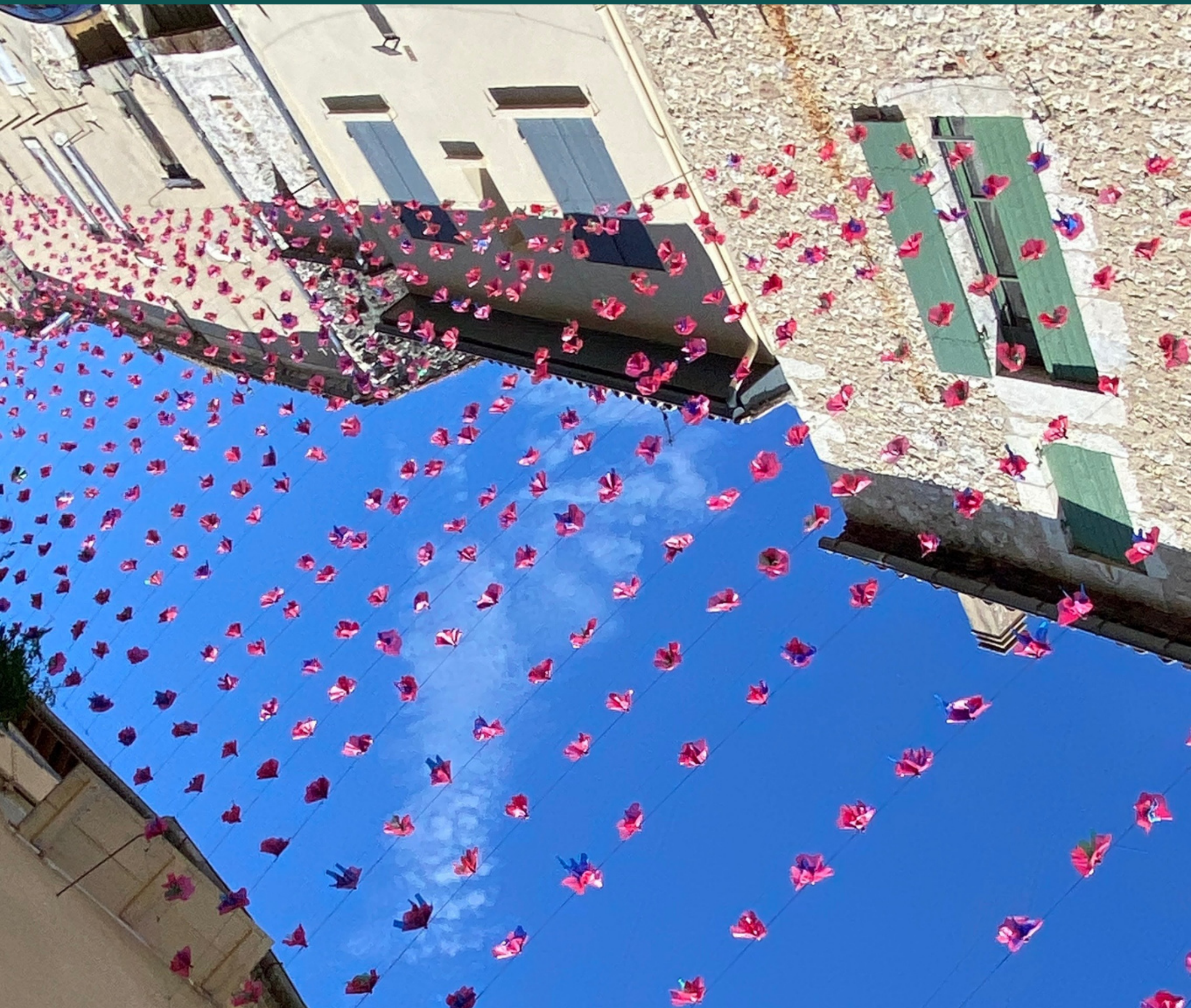


## QUESTION 1

What value did you live  
out most in 2022?



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QUESTION 2  
What experience shifted  
your perspective most in  
2022?



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## QUESTION 3

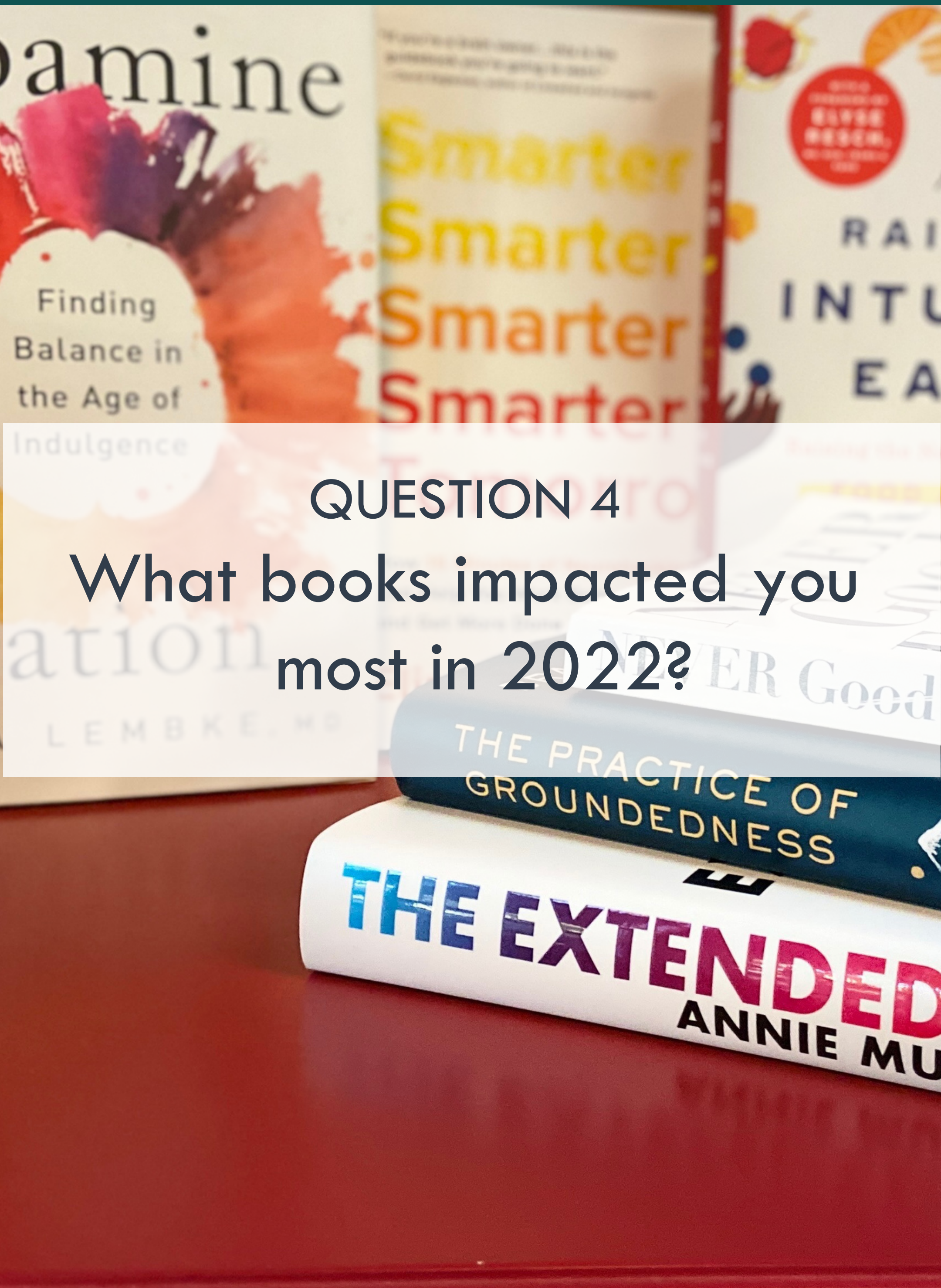
What did you let go of this  
year?



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## QUESTION 4

What books impacted you  
most in 2022?





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## QUESTION 5

If you wrote a memoir  
about 2022, what would be  
its title?



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## QUESTION 6

What person or group  
inspired you most in 2022?





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## QUESTION 7

What risks did you take this  
year?



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## QUESTION 8

What values did you live  
out most this year?



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## QUESTION 9


What healthy habits did  
you start in 2022?



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## QUESTION 10

What was your biggest  
challenge in 2022?



Joyful  
Perseverance



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## QUESTION 11

What's one wish for yourself  
in 2023?



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## QUESTION 12

What new habits do you  
want to grow next year?



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## QUESTION 13

What risks do you want to  
take in 2023?

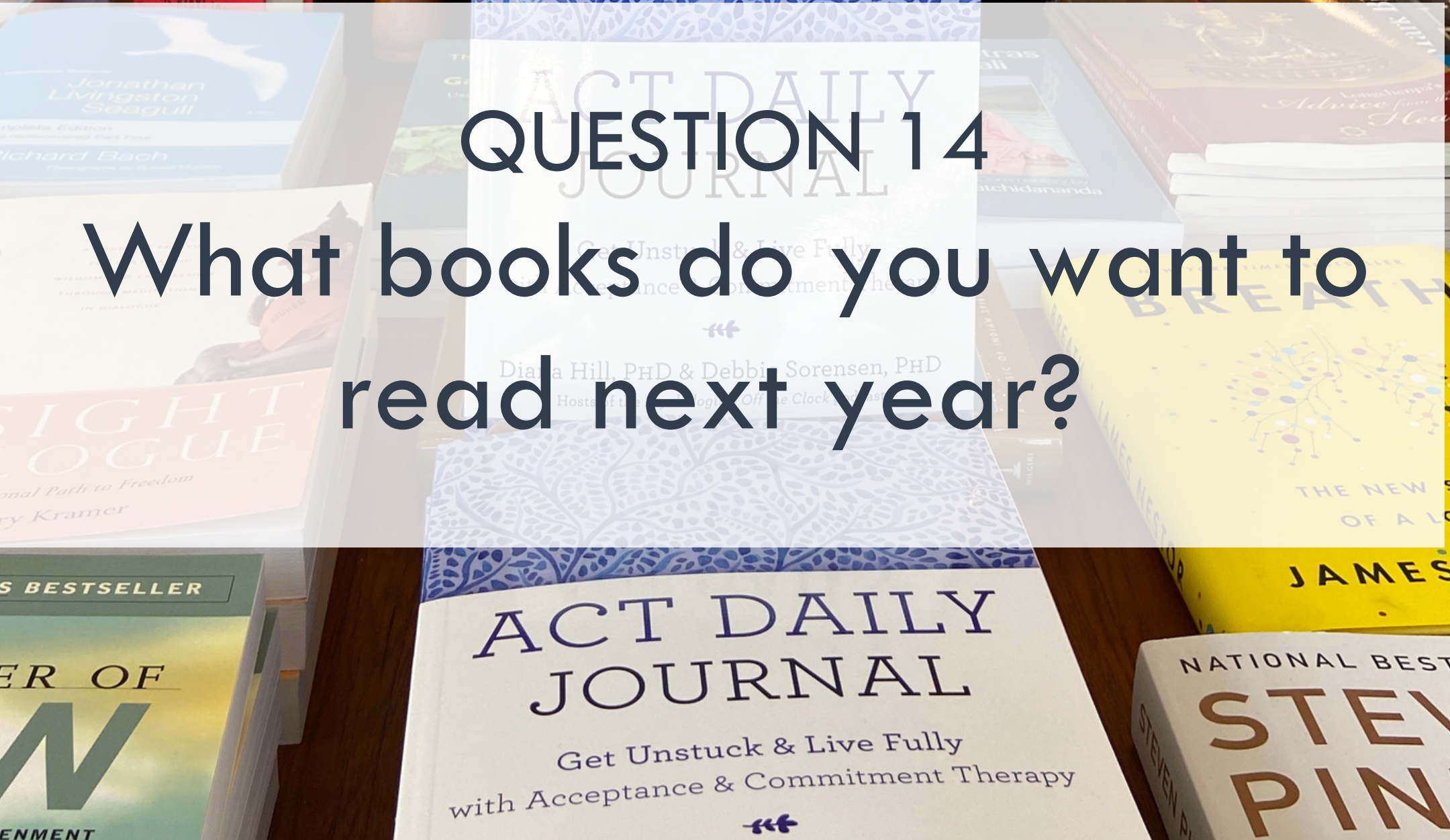


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## QUESTION 14

What books do you want to read next year?










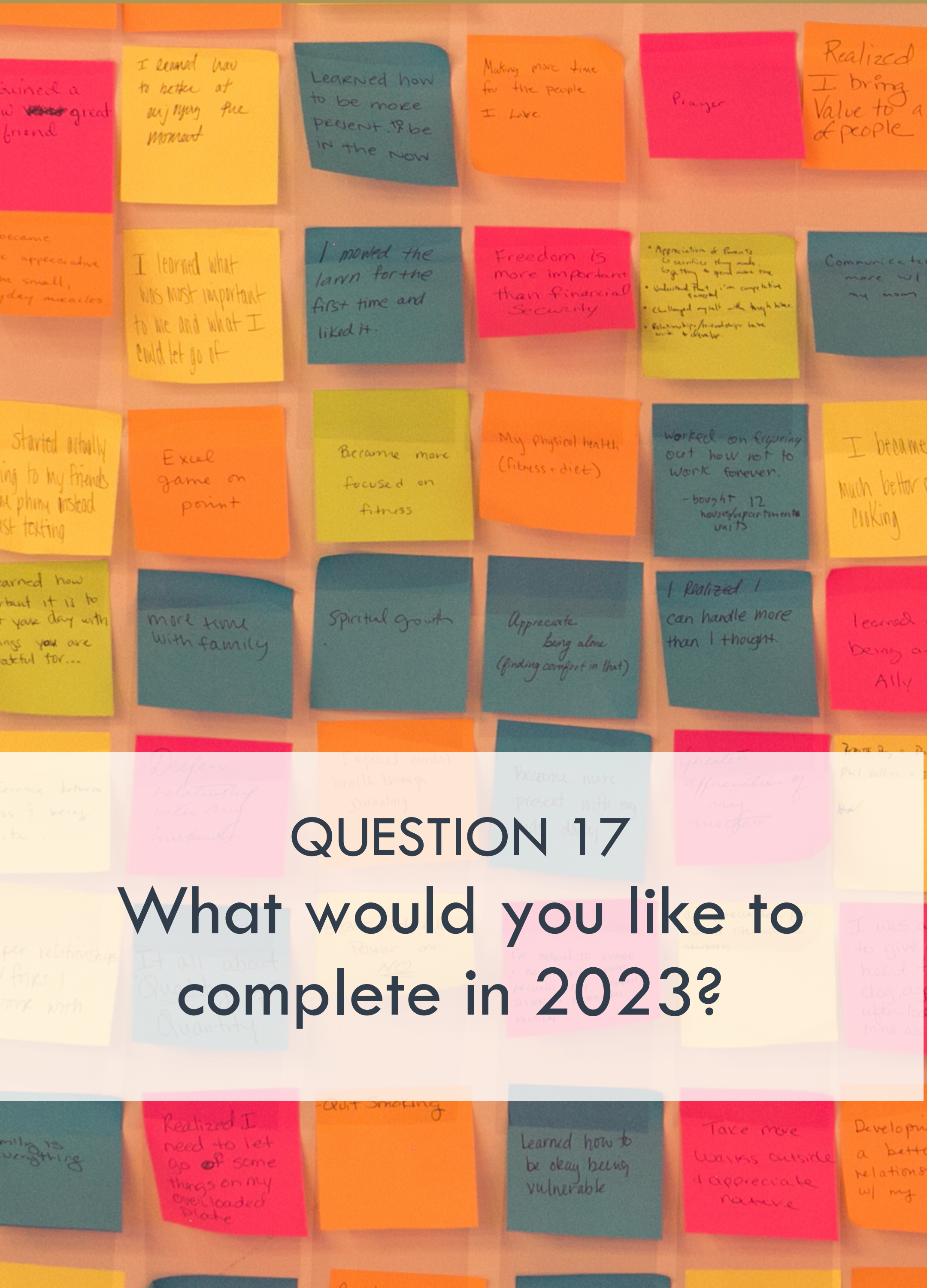
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QUESTIONS 16  
Which of your mind's rules  
do you want to break next  
year?



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## QUESTION 17

What would you like to  
complete in 2023?



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## QUESTION 18

What relationships do you  
want to show up more for in  
the New Year ahead?



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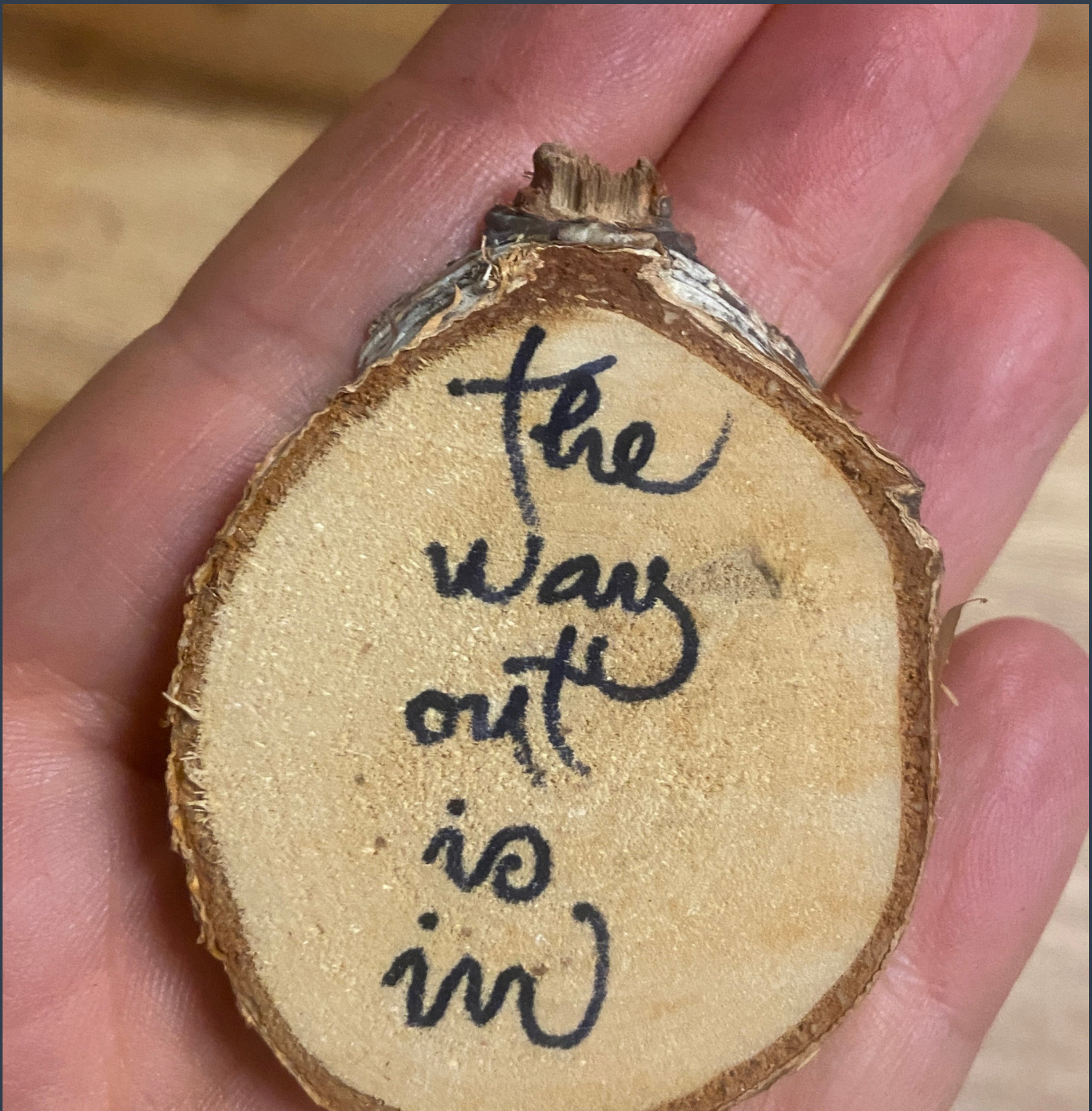


## QUESTION 19

How would you like to  
practice self-compassion in  
2023?



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## QUESTION 20

What do you want to  
accept in the New Year  
ahead?



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## QUESTION 21

What meaningful change do  
you want to make happen in  
2023?



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**QUESTION 22**  
**What do you want the  
courage to walk into in  
2023?**



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## QUESTION 23

What are you willing to let  
go of in the New Year?