



## **End of Year Process**

The end of a year is always a sacred time for looking back and letting go, celebrating our successes and surrendering anything that no longer serves as we prepare to set strong intentions for the new year. Take time to reflect on what this year has meant to you, what you have accomplished and how you have changed. The questions below serve as a guide but also feel to journal or add – most importantly, approach this process from a place of authenticity and self-care (free from critical voices), honoring your progress as you prepare for a new year.

**Over the course of year, what have been some of your major wins (successes, breakthroughs, triumphs)?**

**Over the course of year, what have been some of your major “losses” (disappointments, failures, breakdowns)?**

**Who were you when you started the year and who are you now?**

**If you had to summarize the year in one word or phrase, what would it be?**

**If you had to pick a metaphor or visual to represent the way you inhabited your life over this past year, what would it be?**

**What is the most important lesson from the year you want to remember?**