

What are you most proud of from the past year?

What did you learn over the past year?

What do you want to continue in the New Year?

What do you want to leave behind in the old year?

If you are sitting here one year from now, reflecting on the past year, what do you want to have happened? What has changed? How have you shifted or grown? Don't edit yourself – write down what you really want most.

What help or resources would you need to make this happen?

What is the first, tiniest step you could take in that direction?

How will you protect your most valuable asset – your energy – this year? What practices support this? What will you say no to?

Who can you share this with to get the support you need – and deserve?