

Year Completed/Year Forward

What were your biggest challenges for the year?

What were your biggest wins for the year?

What were your top lessons for the year?

What are you letting go of from the past year?

What are the themes for your new year? i.e. – health, relationship, new beginnings, learning new skills, etc.

What virtues or qualities of being do you value for yourself and would like to strengthen?
i.e. – gratitude, acceptance, presence, curiosity, collaboration, etc.

What is your vision for the new year?