

A Year in Review - Reflective prompts

The practice:

- Grab a journal and a pen. Make yourself a cup of tea, coffee, or whatever you prefer. Put on your favorite music and comfy clothes and settle in to spend some time with yourself.
- If you want to invite others to do this with you, go for it!
- My family and I do this silently together, with music in the background. Once we're all complete, we take one prompt at a time and share our answers aloud with each other. It's voluntary and connecting. What often happens is as one of us shares our answers, another has some kind of aha or realization around something they haven't yet explored for themselves.
- This practice invites deeper self-connection and reflection. It allows us to ponder where we've been, what we've accomplished, and allows us to touch on what we still long for. It also sets the stage for us to be more conscious and intentional with how we spend our precious energy as we move into the coming year, and into each moment.
- Because all we really have is this moment.

The timing:

- I like to do this until I feel complete, but if it feels better for you, set a timer for 20-30 mins. If you want more time, just extend the timer. I enjoy flexibility so if I need more hot water and lemon, I get up to get it. Or if I must use the bathroom, I go. I want space to explore what comes up without the pressure of time. Not using a timer allows me to stay more connected to my mind and body.

The prompts:

1. What are your biggest celebrations this past year? What are you most excited about that you started, completed, or let go of?
2. What's your favorite memory from this past year? (can you connect to core values or needs it met?)
3. What still feels unfinished, and what are you still craving?
4. Where do you feel the weight of something you're carrying --like anxiety, blame, the belief that you're not good enough, obligations to others that you've outgrown, etc.? Think about what keeps you up at night...
5. Imagine you were ready to let go of the weight of what you're carrying. If you were ready to let it go, what's the first thing you'd do? Don't overthink this. Just write what comes up.
6. What is the biggest hurdle you overcame this year? Or put another way, What did you accomplish this year that you didn't think you could? What parts of you did you need to access to achieve what you wanted? (tenacity, courage, intentionality, etc.)
7. What's the best decision you made this year?
8. What's the biggest lesson you learned?
9. What happened that you didn't expect?
10. What was your biggest disappointment or mourning?
11. What's something you integrated into your daily life that has kept you sane this past year?
12. What's your biggest gratitude?
13. What's something you want to give your all to in the coming year?

A final prompt is quoted directly from Suleika Jaouad's "Five Lists" prompts. "My fifth and final list is my favorite: my wild ideas list. I set a timer for five minutes, and in a completely unedited stream of consciousness, I jot down every wild scheme, every grand plan, every creative idea that comes to mind, no matter how harebrained or unrealistic."