

2011 in Review: Celebrate and Let Go

Take some time to acknowledge yourself for what you have accomplished and who you have become over the past year. Let this exercise be easy.

You may wish to light a candle, put on some soothing music, or do whatever you do to make this a special time of reflection for yourself. Read over this sheet and add your own reflection points.

- 1) Looking back over the year, what did you accomplish? List at least 25 things.... Things you have done right... ways that you have grown as a person, goals achieved (both personal and professional) positive life changes, special memories you have created.

- 2) What ritual can you use to celebrate 2011?

- 3) What were your biggest disappointments?

- 4) What can you learn from the disappointments?

- 5) What thoughts, beliefs or habits can you release to move forward?

- 6) What/who do you have to forgive?

- 7) What acknowledgement will you give yourself for who you were and what you did in 2011?

- 8) How will you celebrate your efforts and successes from 2011?

- 9) What is your vision for yourself and your creative work for 2012?

- 10) What is one thing you can do now to prepare for that vision?