

The Year in Review: Gratitude and Letting Go

Take some time to acknowledge yourself for what you have accomplished and who you have become over the past year. Read over and add items as they occur to you. First thought, best thought. You can look through last year's day timer for reminders.

- 1) Looking back over the year, what did you accomplish? Take another sheet to 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 is left unresolved or not completed? Anything you want to handle now?
- 3) What are some things you learned this year?
- 4) What were your biggest disappointments? What did you learn from these?
- 5) What do you need to do to move to the next level now?
- 6) What insights have you gained this last year – about life, about yourself?
- 7) What are you most grateful for?
- 8) What ritual can you use to honor your deeds and bow adieu to this last year?