

LET IT, SNOW! MAKE TIME FOR YOURSELF OR WITH YOUR LOVED ONES TO REFLECT ON 2018



RE-CALL THE HAPPENINGS

What are all the things that I experienced, that happened to me this year?

10 events I participated in 5 people I remember

5 places I visited, near and far 5 books/poems/articles

5 movies/TV shows/plays/sport events

- What global news events have had the most impact?
- What do you recall of image, sound, beat, light, move, dance?
- What are memorable things people said, or decisions that were made?
- What has happened to those closest to you?
- What new thoughts, concepts, books came into your life?

RE-EXPERIENCE THE JOURNEY

- What added seasoning and spice -- salty, sweet, bitter, sour, umami?
- What was your favorite belly laugh of the year? Anything really silly happen?
- What were the underlying struggles or tensions?
- What were the "seasons" you experienced?
- What were the characteristics of these various seasons as you see them? Hot, cold, subtle changes, one long...
- Where did you experience hope and joy? Darkness and despair?
- Where did you weep? Shout with rage? Dance with joy? Fall in love? Stand with conviction?
- What unexpected occurrences (adding too much, too little, forgetting to pay attention to time, needing to substitute for a missing ingredient)?

RE-CREATE THE MEANING

- Look over what happened this year until some event begins to call to you. Circle that event, take a piece of paper and just start writing about that event. Tell its story, the details, the setting, what happened, the significance.

- When you run out, pick another and do the same.
- Key personal event...
- Key family event of the past year...
- What are the roots of your feelings about this year?
- What are things you saw or heard this year that are going to stay with you?
- What connections do you see across levels? (between your personal life and the world, between work and personal, between nation and family?)
- What has the journey of this year been like for you?
- How would you characterize this year using a song or book title?
- If you were reading a synopsis of your year's life events but someone else's name was plugged in, what would you admire that person for?
- Suppose your year was a meal -- where was the prep? Appetizer? Entree? Dessert? Clean up?
- What "keys" made this year unique? Why?

RE-ENGAGE WITH YOUR LIFE

- Looking to next year, what do I intend?
- Who am I going to be in the coming year?
- What is my greatest need?
- 3 things I'm focused on beyond self:
- My prayer for the earth community:
- 3 things I intend to participate in:
- What would you like to be able to say at the end of the coming year about what happened?
- What's the "one thing" you want to be able to say is different, stronger or deeper?
- My name for the past year is "The Great Year of..."
- My deepest anticipation of the year coming up is:



WHAT : EVENTS OF THIS YEAR

- Global events and the event for me...
- National events and the event for me...
- Community events and the event for me...
- Family events and the event for me...
- Personal events and the event for me...

GUT : REACTIONS ON THIS YEAR

- Laughed big-time when...
- Wept over...
- Enraged because of...
- Hopeful because of...
- Joyful about...
- Really struggled with...

SO WHAT : INTERPRETATIONS OF THIS YEAR

- Creativity flowed when...
- Big idea began to dawn when...
- Was empowered by...
- Wish I had done...
- Stood tall in the midst of...

NOW WHAT : COLLECTIVE OPINIONS ABOUT THIS YEAR

- Deepest event of the year...
- My journey of the past year has been like...
- My story line that is emerging...
- My name for 2018....The Great Year of...
- I will celebrate my 2019 launch by...