

2020 Reflection

ANSWER ANY QUESTIONS THAT RESONATE WITH YOU ... DON'T FEEL COMPELLED TO COMPLETE EVERYTHING ... JUST STAY WITH WHAT ARISES.

ASK:
HOW DID I DO
[... TODAY ... / THIS WEEK ... / THIS MONTH ... / THIS YEAR ...]
?

WHAT ARE YOU PROUD OF, WHERE DID YOU SUCCEED? WHERE ARE THERE GAPS, WHAT DID YOU MISS?

NOTICE YOUR AUTOMATIC RESPONSES TO THIS STATEMENT: IDENTIFY YOUR THOUGHTS, EMOTIONS, IMAGES, MEMORIES, SENSATIONS IN YOUR BODY, IMPULSES.

HOW DID I DO IN MY

RELATIONSHIP/S [WITH _____]

WORK AND CAREER

MONEY AND FINANCES

BODY AND PHYSICAL HEALTH

CREATIVE LIFE

TOMORROW / THIS WEEK / THIS MONTH / THIS YEAR
I PROMISE TO

KEEP YOUR PROMISES SIMPLE, SPECIFIC AND DOABLE.
LITTLE AND OFTEN IS BEST

