

Reflecting on Your Year

A Ritual to Cultivate

For many years now, I've cultivated my own year end ritual of taking some time to pause and reflect on the year that is concluding. I do this from both a personal as well as a career and business perspective.

Over time, this ritual has evolved. In its earlier form, it was strictly goal-oriented: *Did I do what I said I was going to do?* It had the feel of a report card and sometimes, as a colleague of mine recently confessed about his own process, I could be a tough grader. Certainly, it is helpful to check up on goals you've set for yourself. What I've learned, however, is not to judge myself, but rather to simply consider where I've been, where I am now, and where I am headed.

Going Deeper

I find it helpful to recall the year by skimming through the seasons in my mind. For instance, I think back to last winter and remember the activities that occupied my time and focus. I recall my work projects, trips I took, social engagements, and family events. I do the same for the other seasons and as I go along, I remember what was enjoyable, challenging, surprising, or difficult. I acknowledge what there is to treasure, say goodbye to, or keep moving forward. I list my accomplishments and in doing so, I celebrate them.

Why is this ritual important? Because it yields...

Gratitude
Learning
Insight
Celebration
Perspective
Release
Openness
Possibility
Wonder

Your Year, Your Wisdom

What have you learned and how have you grown this year? For what are you most grateful? This month, take some time to reflect. Respect your own wisdom. You might even like to share your insights with someone close to you.

Use the following pages to conduct your own Year End or Seasons Reflection:

- The first page provides some space to jot down your notes and remind yourself of how the year unfolded, both personally and professionally. For instance, you might note a trip you took or what your focus or main activity was for that season.
- The rest of the template includes questions to aid your reflection.

Seasons Reflection 2017

Winter

Spring

Summer

Fall/Early Winter

Seasons Reflection 2017

What's In Your Basket This Year?



I am especially grateful for...

What did I accomplish?

Professional accomplishments that come to mind:

Personal accomplishments:

Seasons Reflection 2017

What am I proud of?

What did I enjoy? (some favorite moments or highlights from the year)

What surprised me? What challenged me? How did I respond and what did I learn?

What do I now realize?

The Year I...

- 2017 was the year I...
- 2018 will be the year I...

What is it now time for?