

Review & Release

Questions to think about when it comes to reviewing your year:

- What did I celebrate?
- What successes or accomplishments happened?
- Any specific challenges? What were the outcomes of those?
- Did I set specific intentions or goals? How did that turn out?
- What did I do that I enjoyed?
- What did I learn this year?
- What did I learn about myself?
- What did I lose or let go of this year?
- How did you feel?
- What did I do for me?
- What might I still be working on?
- What happened in my family, my work, my friends, my hobbies, my connection to myself?

Celebrate

Not just what to celebrate, also add how you will celebrate or treat yourself. Every step forward is something to celebrate so add it here and CELEBRATE.

What I learned

Before you release what you no longer want to take with you, see if there are any gifts or lessons you can take from it. We don't want to throw the experience out with the pain or ickiness of it. We'd have to learn it again anyway. So know what you've learned and bonus if you learn how to use that lesson in the future.

What I want to take forward

If there is a former intention, goal, action, habit, focus that was really working, or you still want to work on. List it in this space.

Loss & Heartache

It could be people, animals, situations, attitudes, relationships, energies, jobs, or ability. It's important to honor these things whether it was a welcome loss or not.

What I release, forgive or let go of

In order to walk clear into a new year, there may be some things we need to release or let go of in order to show up the way we want to show up in 2023. You might also find some forgiveness - for yourself or others.

Review: What happened in 2022?

Celebrate:

What I learned:

Celebrate all the successes & learning and gifts that were brought to you!

Review: What happened in 2022?

What i want to carry forward:

Recommit to what you want to bring forward.

Loss & Heartache:

Honor the loss. "Grief is the price we pay for love." - Queen Elizabeth II

What I release, forgive or let go of:

Create a ritual to forgive and then release and let go of that which is no longer or no longer serves you.