**Lesson One: Year-End Digestion – The Overview**

I want to welcome everyone in this group to jump in and to join us as we move through a process of digesting and completing 2019.

This is a beautiful and powerful ritual when done right, and I want to share with you the tips and suggestions and insights I’ve gathered doing this over many years so that it’s as rich and powerful a process as possible for the time you invest.

I see over and over again how this process, done right, brings a sweetness of understanding to people, and creates a recognition and understanding that changes how they move forward into the New Year.

So your invitation is to look lovingly back at the journey you’ve been on this year, to observe what there is to observe, and feel what there is to feel. To dig deeper and reflect on the journey you’ve been on. To tell the Story of this journey in a way that you can really hold on to, in a way that informs what comes next, and finally to ritually release the narrative and energy of 2019 to create a blank slate for 2020.

WHY DO THIS DIGESTION?

In my 25 years coaching, what I’ve seen is that we sometimes launch into creating something new or making something happen out of a reaction to what we’ve already done. In other words, we

HOW WE’LL DO THIS DIGESTION

There are four elements to digesting our year.

First, we’ll do a clear-eyed INVENTORY of the year, reminding ourselves what ACTUALLY happened. Going from our sometimes inaccurate “felt sense” of the year, which tends to be colored by recent weeks and the high or low point of the year, to a more complete and nuanced picture. This is also a time to make room for the tender, sometimes painful, feelings that can come up as we review our lives. To allow ourselves to feel the sadness, disappointment, shame, envy, or resentment that may have arisen this year, as well as the joy, the sweetness, the celebration, and the magic.

Second, on the heels of the Inventory, we’ll do some deep reflection on the year. We’ll go beyond the question “what happened?” to consider “why did what happened matter?” We’ll look at how we were nourished and supported, what happened that we couldn’t have predicted, what was hardest to bear, and more.

Third, we will pull together all these varied questions into one big question: what was the Story of 2019? Your Story of 2019? Story telling is a powerful human experience, and when we take the weight and complexity of the past 326 days and synthesize that into a story, we start to see and feel and hold the bigger themes and the arc of our own development.

Fourth, we will design a ritual to honor and then release the narrative and the energy of 2019, so that we have a clearer space from which to call in and create 2020.

My suggestion is that you do your Inventory between now and this coming Monday, November 25.

That you do your Reflection between Monday, November 25 and Friday, November 29 (a perfect companion to US Thanksgiving), that you write your Story between Friday, November 29 and Monday, December 2, and that you do your ritual on Wednesday, December 4 or Thursday, December 5. (And then join us for the Annual "Planning" Day on Friday, December 6).

I encourage you, always, to customize this process to work for you.