

- 11:05:00 From Holly Emert : Hi everyone, this is Holly participating from Washington, DC. My realization from the exercises is that much of what I wrote were repeats from the past. So I need to move from mind to action.
- 11:05:17 From Carol McClelland Fields : My insight: how much I created at a foundational level. And how the vision of my core work has evolved through my work in Firewalk program.
- 11:05:29 From Katherine Cartwright Knodel : I skimmed my year - I'll be doing that more in-depth later, but what I noticed from a quick skim of the year and my "want" list from the last planning day, I noticed that I met the spirit of my desire, but not the detail (a lot of travel), and that's okay with me. I adapted to circumstances, while still connected with my desire.
- 11:05:54 From Pamela Sampel : My realization: how much I DO and make happen...and yet, is it really what I WANT TO BE DOING???
- 11:06:49 From Kathy Kane : Looking back I see that this past year - in spite of or because of - has been my best year yet. It's helped me better define why I'm here and to delve deeper into my multidimensional life.
- 11:06:50 From Ann Marie Lei : A big realization for me is about the value of knowing the essence of what's important to me, so that when unexpected disruptions occur, the core threads don't change. I've been doing this work with Isabel for several years and it's inspiring to see how much it has helped me get through this year
- 11:07:26 From Jenna Stoliker : My takeaway from the Year End Digestion was the story of resilience and finding opportunities in the face of challenging times. I noticed how much I was living and integrating being compassionate with myself, tenderly loving myself in the midst of grief and anxiety. And you know what? I kicked it out of the park in terms of accomplishing and exceeding the goals I set for myself...in the midst of this dumpster fire of 2020! HA!
- 11:08:11 From KimMillman : Good job Jenna!
- 11:08:35 From Jenna Stoliker : Thanks @KimMillman!
- 11:08:52 From Ann Marie Lei : I want to feel light
- 11:08:56 From Pamela Sampel : I'd like to feel inspired, excited, and motivated.
- 11:08:56 From Carol McClelland Fields : Inspired and focused - a new integration.
- 11:09:04 From Marcia Chadly (she/her) : I'd like to feel excited and ready for adventure
- 11:09:15 From KimMillman : Brave, clear and connected
- 11:09:24 From Kathy Kane : Good about what I've done, clear, good closure and happy anticipation
- 11:09:27 From Ann Marie Lei : I LOVE this word association exercise!
- 11:09:50 From Jennifer W. : Clear, energized and having put some structure on 2021.
- 11:11:23 From SharonAnn Hamilton : Focus and action ready
- 11:11:29 From Holly Emert : Engaged and peaceful
- 11:11:33 From Rachelle Windholz : I want to feel clarity and expect an important new insight to strengthen my path forward.
- 11:11:44 From Theresa Vee : Clear, relaxed, on-purpose

11:11:58 From Katherine Cartwright Knodel : I want to feel inspired for the coming year.

11:12:47 From Deirdre Danahar : Calibrated, delighted, tranquil