

A beautiful way to integrate your experience of the year is to write the Story of your Year.

Humans comprehend and relate through Story. Our minds naturally translate our experience into Story, highlighting some events, minimizing others, finding connections, seeing arcs of development.

As you shape the Story of the Year, you take charge of the narrative. You are no longer at the mercy of what happened, you are choosing how to hold it, how to view it, how to understand it.

Studies have shown that when you write in response to the question “what was the Story of ____?”, we heal. Our distress lessens. We feel stronger in the face of whatever challenges occurred.

HOW TO WRITE THE STORY OF THE YEAR

As always, carve out some uninterrupted time. I would recommend a minimum of 20 minutes, and give yourself longer if you can.

You may want to review your Inventory and your Reflection questions before you begin, but it is not mandatory.

Then, begin writing with the prompt: “What was the Story of my Year?”? Or “The Story of my Year was _____.”
In fact, if you use the latter prompt, you can keep repeating that whenever you need to reenergize.

Then, let your hand move across the page (I recommend you write this long hand, but it’s not mandatory). You don’t have to know what the answer is before you begin writing. Discover the answers as your hand moves.

You don’t have to limit yourself to one theme or one thread. Your life wasn’t that simple, nor should your Story be.

So this Year might have been a Story of Loss. It might have been a Story of Persistence in the Face of Challenge. It might have been a Story of Unexpected Blessings. It might have been a Story of Finding New Inspiration. It might have been a Story of Learning to Trust Your Intuition. It might have been a mix of all of those things.

Once you arrive at a theme that rings true, write a bit more about it. How do you see that Story unfolded throughout the year? What are the different ways that theme developed? Where in your life did that Story come to life?

Is there another theme? Write about that one.

And the next. And the next.

Until the Story feels complete.

Once you’re done, take a pause. Then cycle back and read your Story.

Out loud if you dare.

Let yourself feel and hear the Story of what you’ve lived.