

Okay, by now, you have done your Year-end Inventory. That clear-eyed look at what actually happened, the observations you made, and the space you gave yourself to feel what you feel position you to get more from these reflection questions.

Once we remember what happened, we can consciously make meaning of the year. Instead of being stuck in a certain feeling about the year, we start to see the nuance and complexity of the path we've been walking.

We can hold it differently. Often, we see new things to celebrate, to be proud of, to acknowledge ourselves for.

So, this is pretty simple.

Carve out some time you can be quiet and relatively uninterrupted.

Set the tone with lights or music or tea or anything that drops you into your more reflective self.

And then use this list of questions, or any other questions you love.

I recommend journaling, writing down your answers to each question.

As with the Inventory, let yourself feel what you feel. If needed, stop, put your hand on your heart and the other on your belly and let yourself breathe in what's arising. If needed, speak kind words to yourself, soothing words to yourself as the feelings move through you.

Here are my favorite questions, the ones I find help me the most to answer:

- What did I learn this year?
- In what areas did I shift the most?
- What made me happiest this year?
- What did I let go of this year?
- What was challenging but also maybe a blessing in disguise?
- What just full out sucked?
- What can I most give myself credit for?
- What can I most deeply affirm about who I am and who I am becoming?
- What nurtured me the most this year?
- What surprised me? What happened that I could not have predicted?
- What spells, illusions or false stories am I operating under that are keeping me from experiencing the fullness and richness of life and work I desire?
- What unhelpful patterns of behavior am I ready to let go of to achieve something materially different this year?
- In what areas do I need to have more compassion for myself and less judgment?
- In what areas can I let go, let myself off the hook, so I can concentrate on a few areas where I am most want to shift?
- What resources and assets do I have available that I am not using, or not using to their fullest?

Feel free to add any other questions you love, or questions that arise as you go through this process. Once you are done, read them through and take it what you've gained from your experience this year.