

A Year In Review

Part I: The year is coming close to an end and it can be helpful to reflect on this time. When we think about an “end” approaching, we often reflect on loss and gains. We reflect on what we did and what we didn’t do. We experience grief and negotiate hope.

For each month choose a memory to note down. A significant event that is either a warm, exciting memory or accomplishment, or a difficult, sad, challenging memory or loss. If you experienced both during a month, name both memories. This can be captured in a couple sentences or phrase that allows you to remember. (Part I instructions continue on next page.)

<u>Memories</u>	<u>Emotions</u>
January	
February	
March	
April	
May	
June	



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Part I (continued): When you are finished writing down these memories, go back and note an emotion or two that is tied to each memory. Remember, some losses we experience can be carried over from previous years and grieved in different ways. Feel free to note those previous losses if there are anniversaries, or important dates tied to a month.

	<u>Memories</u>	<u>Emotions</u>
July		
August		
September		
October		
November		
December		



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Part II: Now note what you are most proud of accomplishing or doing this year, and what loss(es) is/are most important to honor in some way going into the next year.

Be with these for a moment. Allow yourself to put as much detail to these memories as you wish.

Accomplishment

Loss(es)

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Take a moment to be with what you have recorded. A lot has happened in a year. Register what is showing up in your body and mind as you review this year. Allow yourself to feel a combination of all of those emotions.

Part III A) As you look at your memories...expand on the one or two from part II that you are really proud of, or feel affirming. Why did you choose that memory? What is important for you to know about yourself here?

B) As you look at your memories... why did the losses you chose on part II jump out as memories that feel like they may be hooking into you? What do you want to stand for in the face of these losses? How do you want to treat yourself? What is an important value to anchor in as you consider how you carry or honor this loss? How might you carry this loss into the New Year and act on that value?

A)

B)

Remember, these memories aren't "highlights" or "lowlights." These are all lights that illuminate who you are, and what's important to you.