

Signy



Year in Review

Take stock of the year we are leaving and consider what you want to create and who you want to be in this new year that is beckoning you toward it.

There's a whole bunch of questions, so just pick the ones that call you and ignore the rest. But make sure you pick some, because the path to fully alive involves self-reflection. And you deserve to make and take the time for that!

You need to be fully alive, and that needs to start now. You're definitely worth it
Let me know if you discover anything new or if I can be of any help on the road there.

Looking Back

1. What are your highlights, breakthroughs and big ah ha's from this year that you are celebrating? How will you celebrate these?
2. What are your valleys and disappointments from this year? Which of these do you need to let go of?
3. What deep learning about yourself do you want to acknowledge?
4. What do you want to complete before the end of the year?
5. Write a gratitude list expressing what you are most grateful for in your life.
6. What destructive patterns are you willing to end?
7. What worked this year that you want to maintain for next year?

Looking Ahead

1. What future is calling you?
2. Where/how do you want to stretch yourself in the coming year?
3. What is the Significant contribution that you want to make this coming year?
4. Who are you becoming and what more of you do you want to express?
5. Are there specific achievements and accomplishments that you want to hit in this upcoming year?
6. How will you celebrate yourself in this New Year?
7. In what area(s) of your life do you want to show up as more fully alive? What are you willing to do towards that end?