

HeartWisdom Reflections

COMPLETING THE OLD

- **LOOKING** at all the areas of your life, reflect back on 2015:
 - List your Wins, Successes, and Breakthroughs
 - List your Losses, Disappointments, and Breakdowns
 - Be curious: What defines a win or loss? How do they relate? What learning is there for you now?

- **LESSONS** you have learned this past year that you want to carry forward into 2016. We can celebrate this list, yes, even the difficult ones, refine it, and clarify the lessons learned. Some examples:
 - To come from a place of being present more consistently
 - To incorporate fun into my life
 - That it's ok to fail

CREATING THE NEW

- **IMAGINE** ahead to December 2016
 - Write a list of your Wins, Successes and Breakthroughs for your imagined year. (Make the list as long as you like and we can edit. Be specific and write as if they had already happened.)

- **NAME** the 2016 year with a personal meaning for you. Some sample names include:
 - Year of Openness
 - Year of Saying Yes