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## 2023 YEAR-END REFLECTIONS

### MINDFULNESS OF ENDINGS & BEGINNINGS

In his book, *The Five Invitations*, Frank Ostaseski says, “By drawing our attention to endings and our developed habits around the way we meet endings, we can learn how to step fully into our lives with appreciation and gratitude.”

#### HOW DO YOU MEET ENDINGS?

Please keep in mind the distinct roles you play. Are you aware of your habits? What are your patterns? Do you isolate yourself, deflect your energy, or replay past actions and behaviors? When an ending comes, what happens in your body? What is the emotional experience? The way we end something shapes the way the next thing begins.

#### AS WE HEAD INTO THE DARKEST TIME OF THE YEAR, DIG DEEP, AND REFLECT ON YOUR 2023.

The following tools and questions are designed to allow you to take a step back and look at the areas of your life where you might want (or need) to work harder to meet your goals, build awareness, and live with more intention.

## TOOLS

- **Wheel of Life** (attached) – circle your level of satisfaction for each category and then connect them with a line from circle to circle. Now, pay attention to where the line dips – perhaps that is where you can set some goals for the new year.
  - What does your current number tell you/ mean for you?
  - What would a 10 look/ be like?
  - What number would be enough to feel like (X area) was working for you?
  - What would that number look/ be like?
  - What would you need to believe/ feel/ commit to for that “10/10” experience?
  - What do your recent behaviors tell you about what you believe/ feel/ are committed to?
  - If you were to pick one area (or 3) to focus on, which would be the game changer(s)?
- **Goal setting** (for each segment of the wheels):
  - Think about the ideal result – what does that look like to you?
  - What is the minimum required to meet that result?
  - Now, consider what an achievable and measurable “medium” ground might look like. How can you build your goal around this measure?
- **Year-end reflections** (these are great to keep in a journal to look back on from year to year):
  - What makes this year unforgettable?
  - What fed your soul this year?
  - What/who is the one thing/person for whom you are grateful?
  - What is your biggest win this year?

- What did you read/watch/listen to this year that made the most impact on you?
- What did you worry about, and how did that turn out?
- How did fear hold you back this year?
- Where in your life are you holding a grudge?
- What did your critical inner voice say to you the most this year?
- What do you need to let go?
- What is the one thing that changed about yourself?
- What surprised you the most this year?
- How did you change this year?
- If you could return to last January 1, 2023, what suggestions would you give your past self?
- What circumstances in the past year took away your energy? How could you balance those draining parts of the day?
- Similarly, what moments or circumstances from this past year energized you in new ways? How can you consciously build these components into your every day as you move forward?
- How are you in alignment with your core values?
- List all the things and words that can help motivate and energize you for the coming year. What is one word from that list you can hold as a reminder as you go through 2024?