A LOOK BACK

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A LOOK FORWARD

an exercise of reflection

In the thick of *the hustle*, it can be easy to see January 1 as just another day, a flip of the calendar, a continuation of the same ol'. But because we're human, we need chapters to end and old doors to close so that new ones can open. For that, New Year's Day is worth celebrating and an event worth anticipating. But before we say farewell to another year of life lived, let's first reflect on the moments and milestones that led us to where we are today.

PAUSE & REFLECT

describe your past year in two sentences:

_____

_____

_____

_____

LOOKING AT THE YEAR *behind*

These lists are meant to serve as an exercise of reflection, of taking an honest look back at the past year as well as a hopeful look forward at the year to come. Use them to gain perspective, to note the things that are worth celebrating, mourning, learning from, documenting, and remembering. Consider looking with expectant eyes for little miracles that may have been scattered along the way. In doing so, you may see that each moment was pivotal in the making of who you are today. Let time sit still for a moment in this in-between, as you balance the end of one chapter and the beginning of a new one.

STANDOUTS that marked your year:

SONGS:

FEELINGS:

BOOKS:

SOUNDS:

MOVIES/TV:

TASTES:

TRAVEL:

SMELLS:

what **SURPRISED YOU** most this year?

what was **THE BEST PART** of your typical day?

what was your **GREATEST ADVENTURE** this year?

FAILURES	WINS

what did you learn?

what made you feel...

ENERGIZED	DRAINED

what did you learn?

JOYS	HEARTACHES

what did you learn?

what was done to impact...

YOUR LIFE	SOMEONE'S LIFE

what did you learn?

resolve can unify a beginning and determine an ending...

Living with resolve can often be interpreted in duality, as being both/and: I will resolve to set my own course, *and* I am resolved in the lot I've been given. Spend some time reflecting on the ways resolve impacted your life this year.

DESCRIBE YOUR YEAR AGAIN in two sentences now that you've reflected on the highs, lows, and everyday moments of this past year.

LOOKING AT THE YEAR *ahead*

what do you want to **FOCUS** more on in the coming year?

RHYTHMS what habits do you want to...

KEEP:

TRASH:

what do you want to **RESOLVE** or achieve in 2020?

"how we spend our days is, of course, how we spend our lives"

—ANNIE DILLARD

what do you **HOPE** to say about 2020 when it's over?