

YEAR END REFLECTIONS

2023



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"Tell me, what is it you
plan to do with your one
wild & precious life."

-From The Summer Day
by Mary Oliver

Q U E S T I O N S T O C O N S I D E R

As we end this year consider the following inquiries...

What sustains you? What are the practices/tools that have been the most beneficial for you? What practices no longer serve you? What are some ways of being, ways of seeing that you are ready to leave behind? What are you ready to embrace fully?

Can you recall what felt challenging a year ago? 6 months ago?

How have you been able to re-shape, re-define what felt difficult? What are you willing and ready to leave behind in 2023?

What is (are) the stories you are now telling about yourself? How have you shifted/changed this year? (Be as specific as possible)

Have you gained more clarity around your unique contributions, talents, ways of being, gifts that you are here to share with others. Have you gained clarity around what it is that matters most to you?

Considering the importance of small, consistent actions, what are some of the actions you take to practice what matters most on an ongoing basis?

What is your biggest dream for the future? Don't worry about the how just dare to dream big!