

# CLOSING OUT 2023

**Let's warm up:**

**Looking back at the last 12 months, what are 3 magical moments that brought you joy as you reflect upon them?**

1.

2.

3.

**What is the scariest moment you took on, and how did you handle it with grace and love?**

**Who are the 5 top people that assisted you greatly in 2023?**

1.

2.

3.

4.

5.

**What moments of gratitude continue to fill your cup?**

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Share 5 words that describe your perseverance, strength, and tenacity during 2023:

- 1.
- 2.
- 3.
- 4.
- 5.

What are 3 items you would like to take on as you close out the year?

- 1.
- 2.
- 3.

What are 3 action steps you can take on for the three items you noted above?

- 1.
- 2.
- 3.

## **HOMEWORK:**

Releasing what may hold you back: Spend time pulling out 3 memories that occurred in 2023 that still haunt you. Journal about these 3 memories on the other side of this paper, and use this format when you reflect on each memory: Why does this memory haunt me? How did I grow to be more powerful? How can I release this from holding me back?

At the end of reflecting, write a love note to yourself, and share how proud you are of your strength to get through these moments.