

CLOSING OUT 2022

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 2022?

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 2022:

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

HOMEWORK:

Releasing what may hold you back: Spend time pulling out 3 memories that occurred in 2022 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.