



# Reflections & Welcomings: 2009 to 2010

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Today's Date: \_\_\_\_\_

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*For last year's words belong to last year's language  
And next year's words await another voice.  
And to make an end is to make a beginning.*  
~T.S. Eliot, "Little Gidding"

## **Reflections on 2009**

*You might find it helpful to first think back seasonally to recall key events, transitions, decisions, etc. Answer all or some of the following questions in your journal or notepad.*

What were some of the highlights for you, and what made them significant? (successes, joys)

Of these successes, which one(s) are you most proud of?

What did you let go of? And, what did this seem to make room for?

What wasn't quite right this year?

What was your biggest challenge/life lesson?

What surprised you?

If you haven't already mentioned it, what new things were embraced this year? – new relationships, new ways of being, risks, adventures, etc.

Imagine each year representing a chapter in your life...what would 2009's chapter title be? What was its theme? (Or, what 5 words best describe the year?)

What do you feel in your body and your emotions as you reflect upon these questions? And, what messages do these feelings convey?

What are you most grateful for?

What else is important for you to say about 2009?

## **Visioning into 2010**

1. After reflecting on the past year, what do you want to keep and nurture into 2010?
2. What are the feelings/essences that you most want to experience in 2010?
3. What could you have, or do, that would provide those feelings/essences for you?
4. Take some blank index cards and create “stepping stones” for what you want to bring into 2010—one set/stack per major goal. Be sure to break action steps down to one small step per card. These inspired actions, once completed, will bring you closer to your vision. Keep in mind that inspired actions can be inner as well as outward actions.

Sort your cards into “high” and “low” energy, based on which ones you’re most/least drawn to doing. Take your high energy stack and choose the first one that you’ll take action on in the New Year. Put it on your calendar, tape it to your computer, or email it to yourself... whatever will help you prioritize it. When that task is completed, return to your deck and sort again into high/low energy. Pick the one you’ll take action on next. Keep adding to your cards as you get new ideas for ways to manifest your vision.

*Just think how far along you can get if you create stepping stones and walk them one by one straight toward your vision!*

## **Mini Visualization**

It helps if a partner or friend reads this aloud to you, but you can read each phrase to yourself, closing your eyes to pause along the way.

*Imagine that the year ahead is a new person coming into your life. This person is going to make some requests of you, as well as offer you some significant gifts. ... Welcome this new year as you would a new, close friend into your life. ...Open yourself to give and to receive.*

*What words, feelings, or images come to mind? Allow them to flow easily. Breathe into whatever images may be coming. ...What guidance emerges?*

*When you’re ready, journal about any thoughts, images, or feelings that showed up, or simply move gently into the rest of your day.*