A person is standing in a desert landscape at sunset. In the foreground, there is a fire pit with a fire burning in it. The sky is filled with colorful clouds, and the overall scene is peaceful and reflective.

A Year End Reflection

A BRIEF GUIDE TO RECAPPING
YOUR 2019 AND LOOKING
AHEAD TO 2020

WWW.STORYANDSPIRIT.ORG

Introduction

This guide grew out of my own efforts to reflect on the past year in a way that felt both **specific** enough to evoke emotional memories and **general** enough to encapsulate the year.

I also don't have a ton of time, so I wanted it to be fairly concise.

In addition to the questions on the following pages, I have also played with a few others:

- Where did I experience **magic** or **synchronicity** over the past year? Often, these experiences are guideposts letting me know where I'll be asked to go next.
- In what moments did I feel **most myself**?
- In what moments did I feel **least connected**?
- What I can do, right now, to create **more** of the feeling of being most myself and **less** of that feeling of disconnection?

Heck, those are pretty good. You may not even need the prompts that lie ahead!

. . .but if you do, I recommend finding a quiet space, maybe lighting a candle, and giving yourself at least an hour to sit with this guide.

Thank you so much for checking out this guide and I wish you all the best for a beautiful, challenging, surprising, and joyous 2020!

Much Warmth,
Michael

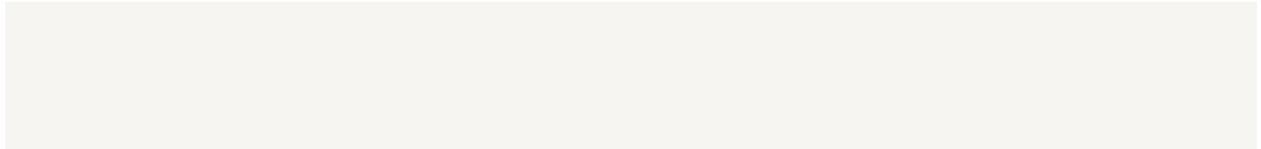
The Light

SURPRISES | WONDER | GRATITUDE

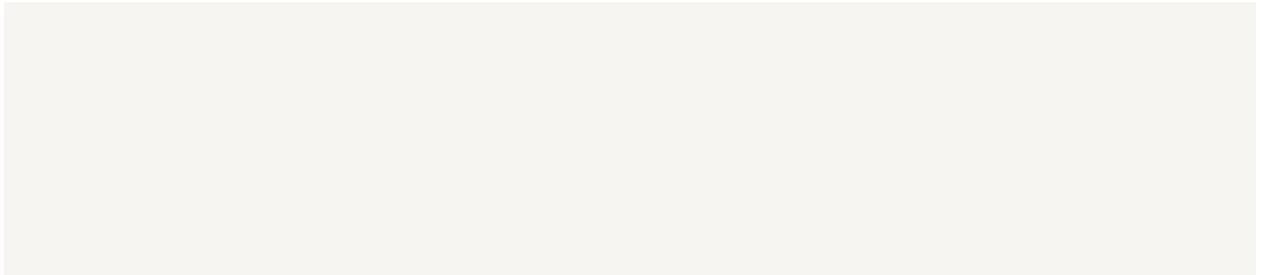
Every year comes with its share of surprising, awe-inspiring, and otherwise beautiful moments. All too often, these get glossed over in a general 'sense' of the year or a preoccupation with those bits that felt heavy. Don't worry; we'll get to those. In the meantime, enjoy these opportunities to connect. . .and feel free to add others that feel fun!

A SURPRISING MOMENT

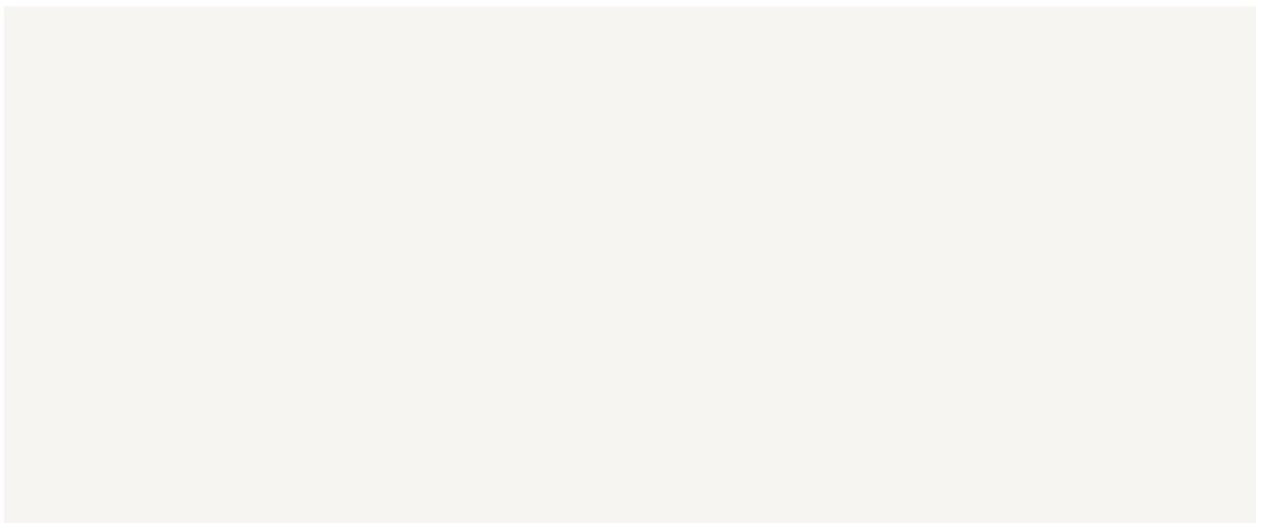
What is a moment that you experience surprise in 2019?



What made the moment surprising?



What, if anything, shifted as a result of this moment of surprise?



The Light

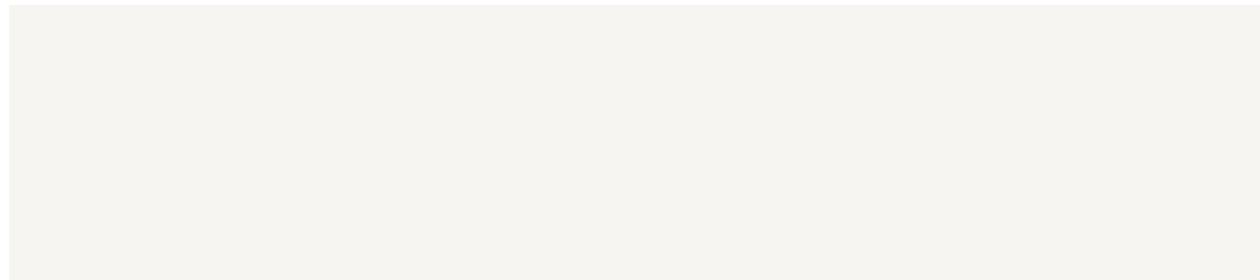
SURPRISES | WONDER | GRATITUDE

A MOMENT OF AWE OR WONDER

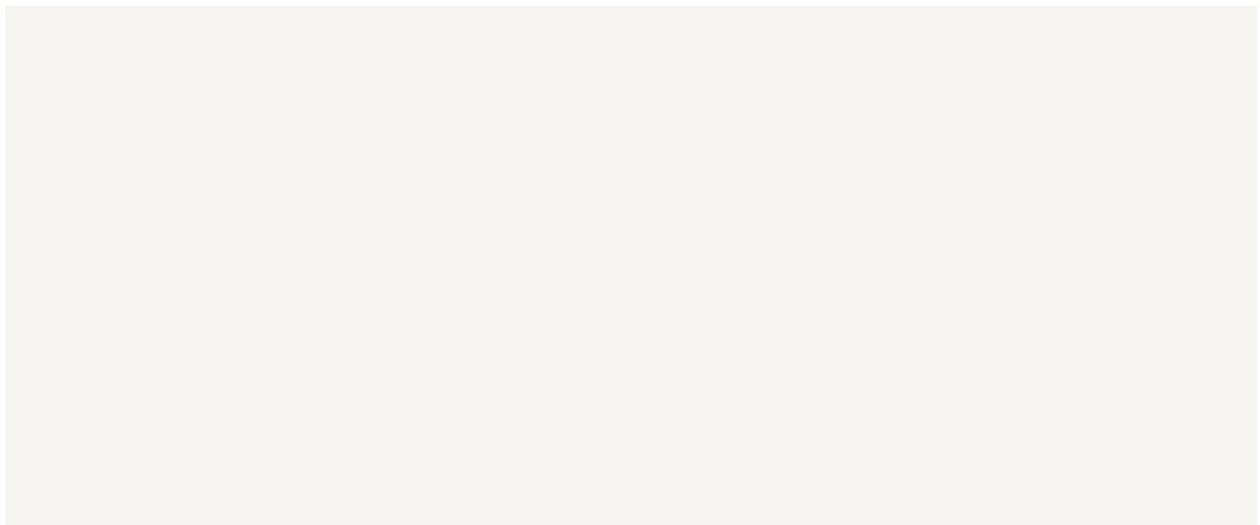
What is a moment that you experienced a sense of awe or wonder in 2019?



What was the essence of this sense of awe or wonder?



What, if anything, shifted as a result of this moment?



The Light

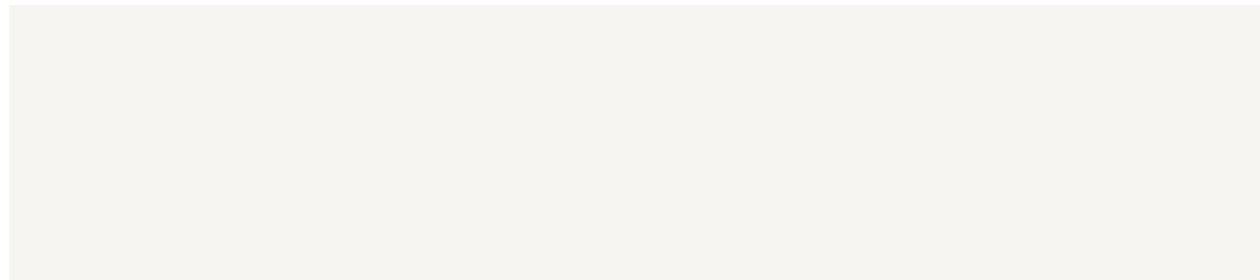
SURPRISES | WONDER | GRATITUDE

A MOMENT OF GRATITUDE

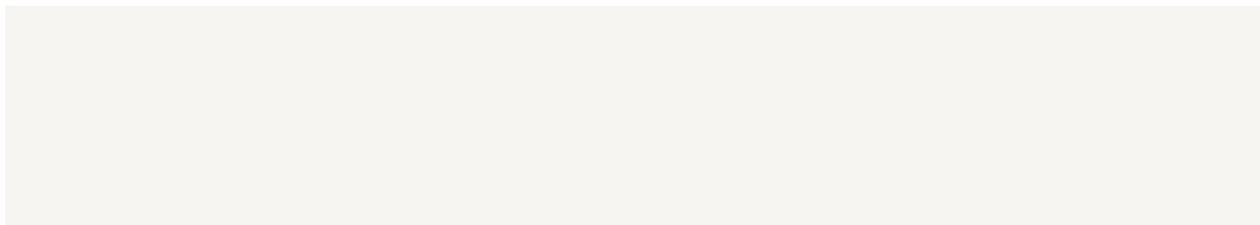
What is a moment that you experienced a sense of deep gratitude in 2019?



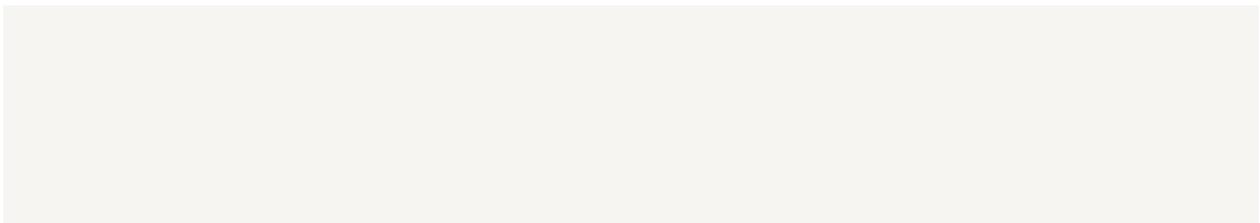
What was the essence of this sense of gratitude?



How did you experience this sense of gratitude in your body? What was the 'felt sense' of it?



What, if anything, shifted as a result of this moment of gratitude?



The Shadow

LOSS | FEAR | CONFUSION

It's not all unicorns and rainbows. Every year comes with its share of challenges, some more pronounced than others. This is an opportunity to reflect on those. Connecting with these moments can feel a bit raw or uncomfortable; feel free to step away or go back to the first session if things get gnarly. As you connect with these moments, see if you can suspend judgement of both the moment and yourself.

A MOMENT OF LOSS

What is a moment that you experienced a sense of loss 2019?

What was the essence of this feeling of loss? What made it resonate so deeply?

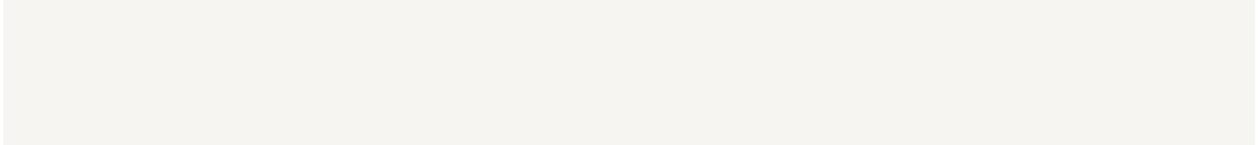
What, if anything, shifted as a result of this sense of loss?

The Shadow

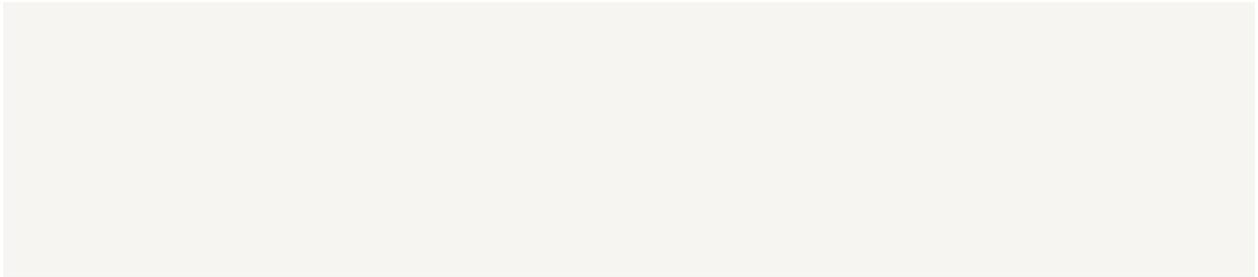
LOSS | FEAR | CONFUSION

A MOMENT OF FEAR

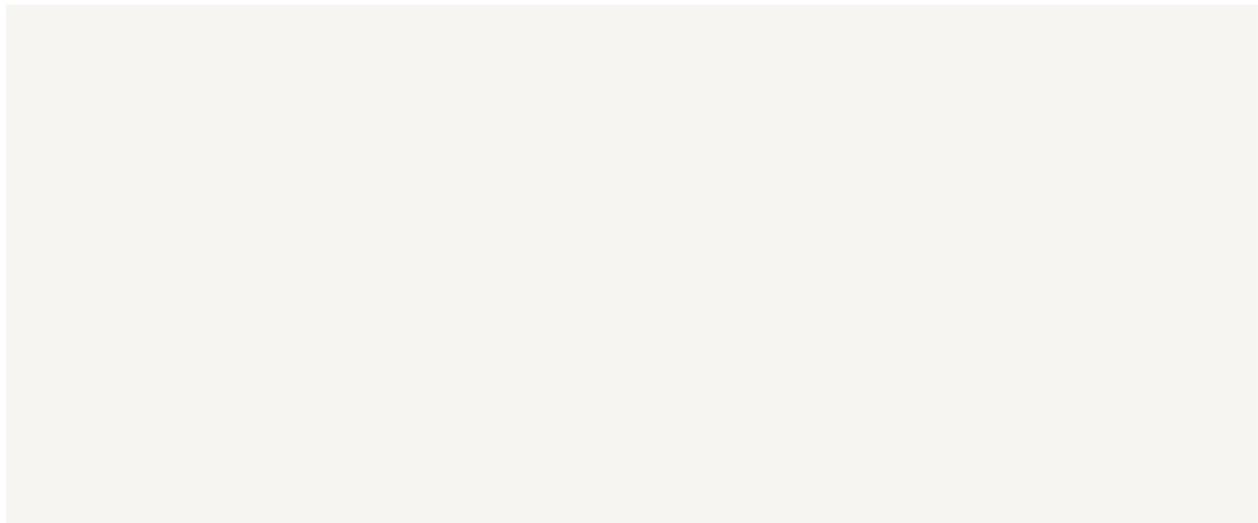
What is a moment that you experienced deep fear in 2019?



What was the essence of this feeling of fear? Was it concrete (e.g. 'a bear is going to eat me') or more existential (e.g. 'I'll never find partnership)?



What, if anything, shifted as a result of this sense of fear?

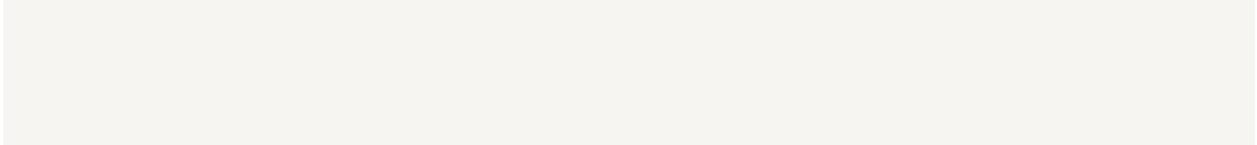


The Shadow

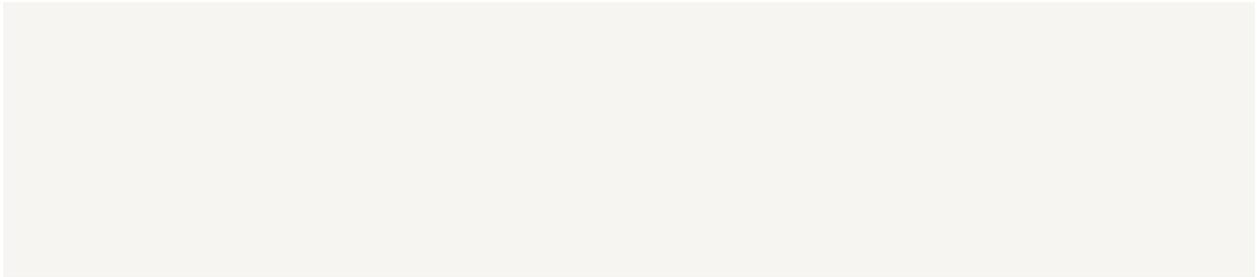
LOSS | FEAR | CONFUSION

A MOMENT OF CONFUSION

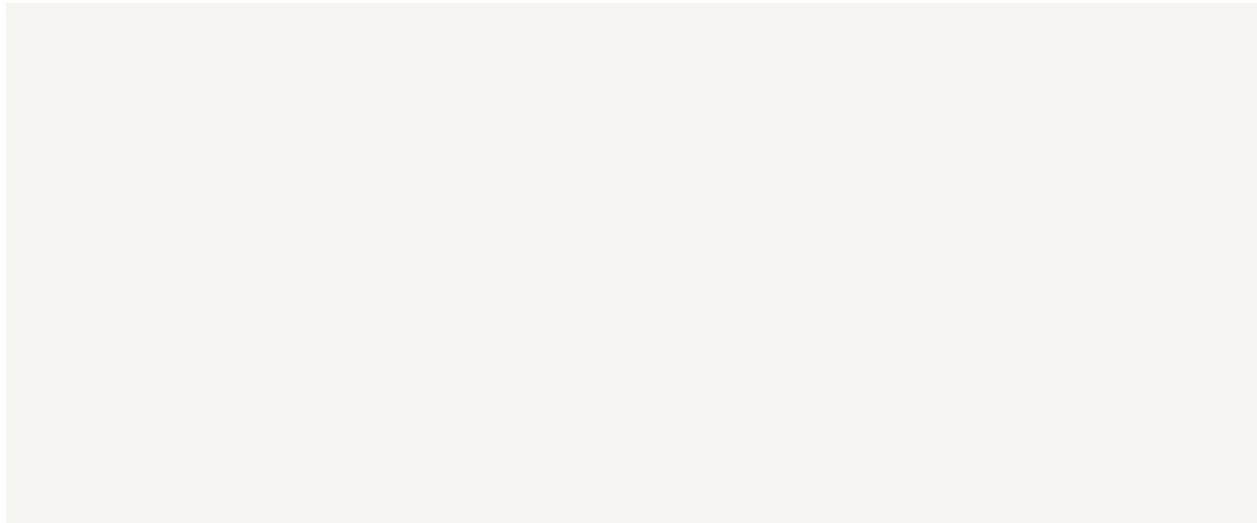
What is a moment that you experienced confusion in 2019? It may have been confusion regarding your work, place in the world, or relationship.



What was the essence or crux of this confusion? Where do its roots lie?



What, if anything, shifted as a result of this sense of confusion or disorientation?



The Path

STEPPING INTO THE YEAR AHEAD

When Light and Shadow combine, a path may reveal itself. This final section is an opportunity to connect with that path.

A SINGLE STEP

It's January 1st, 2020. What is one, small, concrete action you can take that will get the year started on the proverbial 'right foot?'

Now it's January 1, 2021. What are you most proud of from the past year? What small action did you take in January of 2020 to lay the foundation for this?

In what ways, if at all, do you *feel* different on December 31, 2020 vs. January 1st 2020?

ONE MORE THING. . .

What message would you like to leave for yourself now to read at the end of the year?

What are four things you want to remember as you move through the year?

1

2

3

4



Enough.
These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.
This opening to life
we have refused
again and again
until now.
Until now.

-David Whyte