

2024 YEAR IN REVIEW



Oh, the year we've just finished! A curious quest,
Full of dreams, new beginnings, and challenges pressed.
Now's the time to reflect, with a smile and a sigh,
On the joys and the hurdles that helped us to fly.

Did you soar like an eagle? Or stumble, then learn?
Did you bask in the sunshine? Or weather some burns?
It's all part of the story, this tale that you write,
Of laughter and lessons, of day and of night.

With grace from Source, for yourself and for all
Ground your roots deep, so branches grow tall.
With compassion for YOU, your sisters and brothers
Just remember some days are better than others.

This worksheet's your mirror, your map, and your guide,
To peek at your soul and the truths it can't hide.
So answer each question with courage and cheer,
And get ready to welcome a brand-new next year!

We love you!

PS - As you fill out this sheet, be gentle and kind,
Don't judge yourself at all, just see what you find.
You're doing better than you probably know,
Remember you are always—always in flow!

"Without reflection, we go blindly on our way, creating more unintended consequences, and failing to achieve anything useful."

-Meg Wheatley

YEAR END REVIEW – REFLECTING ON 2024

A "year-end personal life assessment" is a practice for you to take time at the end of the year to reflect on different aspects of your personal life, evaluating your life, your lessons, your turning points, your transitions, and all the challenges, catalysts, love and joy in your world. Take some quiet time to foster positive insights and deeper understanding.

Instructions:

1. Create a 20-minute space where you can quietly and honestly reflect on the questions.
2. You can just simply read each question and take a moment to think about it – or you can use these as journal or discussion prompts
3. **NO JUDGING.** We all come by our behaviors / feelings and patterns because of our life experiences. So absolutely no judging any of your answers! Just observe and invite answers and wisdom. You are wonderful and this is an opportunity to remember that.

Year Theme

1. What was your theme for 2024?
2. What were your wins within your theme? Is there more you would like to do?
3. What lessons and realizations did this bring you?

3D Daily Life

1. What were your two or three biggest accomplishments / successes? What contributed to them?
2. What are some healthy habits you integrated into your life?
3. What are some new skills you developed?

Significant Moments of Joy

1. What moment this year brought you the purest sense of joy, and what does that say about what your soul cherishes?
2. When did you feel the most connected to the flow of life, and what were the circumstances?
3. What event or experience reminded you of the beauty of the present moment?

Inner Growth and Awareness

1. What truths about yourself have come to light this year?
2. How has your relationship with your intuition or inner guidance evolved?
3. In what moments did you feel most aligned with your authentic self?

Lessons and Challenges

1. What challenges this year offered you the greatest opportunities for growth or to feel your inner strength?
2. What lessons did the universe seem to repeatedly place in your path, and how have you responded?
3. What risks did you take and what were the rewards?

Turning Points or Transitions

1. What decision or event felt like a significant turning point, and how has it shaped your path?
2. Was there a moment when you had to release something or someone, and what did that space make room for?
3. What transition (big or small) revealed a new layer of your capacity for adaptation or surrender?

Connection and Relationships

1. In what ways did your connections with others reflect your personal growth?
2. What interaction or connection with someone this year left a profound impact on your heart or perspective?
3. When did someone's kindness or insight unexpectedly shift your energy or outlook?
4. What was a moment when you held space for someone else, and how did it affect your own energy?

Gratitude and Abundance

1. What unexpected blessings or synchronicities brought joy or insight into your life?
2. How have you expanded your understanding of abundance, beyond material things?
3. Which moments of stillness or simplicity filled you with gratitude?

Vision and Potential

1. How has your understanding of your soul's purpose deepened?
2. In what ways have you embraced uncertainty as part of your journey?
3. What new possibilities have you glimpsed for yourself, even if they are still forming?

Transformation and Release

1. What beliefs, patterns, or energies have you outgrown or released this year?
2. How have you embraced change as a tool for transformation?
3. What metaphysical or spiritual practices supported your evolution this year?

Anchors of Growth

1. Was there a specific moment when you realized how much you've grown compared to the past?
2. What event helped you see the interconnectedness of your life's events and experiences?
3. When did a moment of silence, solitude, or stillness reveal something profound to you?

In Summary:

1. What five to seven words describe this year?
2. What are you most thankful for?

INTENTIONS FOR 2025

Here's a set of reflection questions to guide your focus for the year ahead. These contemplations encourage a sense of curiosity and openness while helping to set a soulful and intentional tone for the coming year.

Remember, the only thing you can control is **direction** – not the process or the outcome.

Also, your vision is likely to shift / change as you make progress. As important as qualities like consistency and tenacity are, we also need to be able to let go of plans and goals that are no longer relevant. The only thing you need to focus on at any given time is the next tangible step, how aligned it is with your intention and how to keep your own energetic frequency high.

Setting your THEME for 2025

- What is **your theme** for the year 2025?
- What actions will be most supportive for embodying your theme?
- Are there any habits or patterns that you would like to shift that might impact your theme for the year?

Inner Alignment and Intentions

- What aspects of your authentic self do you feel called to explore or express more fully in 2025?
- How can you deepen your connection with your inner guidance or intuition in the coming year?
- What energies or qualities (e.g., courage, compassion, curiosity) feel important to cultivate this year?

Embracing Possibility

- What new possibilities are beginning to take shape in your life, even if they are still unclear?
- Where are you being invited to take a leap of faith, and how can you prepare for it?
- How can you remain open to unexpected opportunities or synchronicities this year?

Connection and Relationships

- What role do you want your relationships to play in your growth and evolution this year?
- How can you bring more love, understanding, or presence into your connections with others?
- What boundaries or patterns need adjustment to support healthier and more authentic relationships?
- What agreements can you come to with your partner / spouse / children to enhance growth and connection?

Manifestation and Abundance

- What areas of your life are ready to expand, and how can you align your energy to receive abundance? (abundance of agency, time, space, money and love)
- How can you embrace the idea that you already have everything you need within you?
- What specific practices can you use to stay aligned with the energy of gratitude and manifestation?

Facing Challenges with Grace

- How can you prepare to approach challenges with curiosity rather than resistance?
- What practices or tools can help you maintain balance and perspective during difficult times?
- How will you remind yourself that growth often arises from moments of uncertainty?

Growth and Transformation

- What belief, habit, or energy feels ready to be released as you move into the new year?
- How can you create space for transformation, even in areas of your life that feel comfortable?
- What lessons or themes from the past year will guide your evolution in the coming year?

Vision and Purpose

- What vision for your life feels most aligned with your soul's purpose at this moment?
- How can you remain present while also moving toward that vision?
- What specific steps can you take to stay connected to the "why" behind your intentions?

Connection to the Bigger Picture

- How can you strengthen your awareness of your connection to the universe or the collective?
- What rituals or practices can anchor you in a sense of harmony with the rhythms of life?
- How will you honor both the mysteries and the certainties of the year ahead?

FORGIVENESS, KARMA & BEGINNING A NEW YEAR

Preparation:

In preparing for the new year ahead – while we **can** reflect on how the past informs our “today” and we can also set clear intentions and make relevant shifts along the way – the most important thing you can **do** is to mind your “**state of being**”

Energetic Frequency:

Remember – everything is energy and like attracts like. So if you are looking for “happy” – you need to “**BE**” happy and invite in those things that reflect happiness back to you.

So in starting the new year in the highest energetic frequency that you have access to – it is important to release old stuck energy and emotions. Releasing / transforming your past hurts through the act of “forgiving” yourself or others is a beneficial tool for clearing energy and inviting in more desirable frequencies.

Acceptance

If you have worked with us – you know that I often say “forgiveness” isn’t necessary – or comes naturally – when we **accept** things as they are. That includes the behavior of others – as every person has some underlying reasons for their actions. Once we truly “accept” this - we can hold ourselves and others with compassion.

Karma & Forgiveness

(this is distilled from our talk on karma /forgiveness from Thursday Circle). Some people hold a belief in karma – that the energy of our actions comes back to us in this life or in others. Karma is eradicated by conscious efforts to purify one’s actions, thoughts and intentions. Once this is complete so is the karma.

Forgiveness Exercise:

Whether you believe in “Karma” or “Acceptance”, both or neither - the process for eradicating the emotions that are associated with that person, their actions or yourself is the same. Below is a potent exercise that will help to shift the frequency into acceptance and grace. Your emotional body and your nervous system will thank you!

*Important note

This action of forgiveness to others does NOT mean you need to keep them or reinvite them into your daily life. Just that you are releasing the heavy energy that comes with your emotional association with them. Maintaining your boundaries and your frequency as always, remains of paramount importance.

EXERCISE:

1. Make a written list of all the people that you would like to have a greater sense of peace with – and / or whose actions (or your old stories) foster a hurt or negative emotion within you.
2. Include yourself on that list – either at the top or the bottom.
3. Set aside 20 minutes. Find a quiet place and a comfortable position. You can include this exercise before / after mediation or as a stand-alone activity. Just be fully present with the process. Create a ritual feel if you want – light a candle, wrap in a soft blanket, play beautiful soul music, etc.
4. Take three long deep breaths. Breathe in for a count of four, hold for a count of four, then exhale for a count of four.
5. For each person on the list – bring them into your consciousness. Then say **10 times (aloud or within your mind):**

“(person’s name) Please forgive me for anything I’ve ever said or done that has hurt or harmed you in any way”

6. Then 10 times say

“(person’s name) I forgive you for anything you’ve ever said or done that has hurt or harmed me in any way.”

7. End with a deep breath and consciously feel gratitude that you can so consciously shift and create anew.

Welcome 2025!