

2009 TEACHINGS

create
2020

DAY 1

2019

Key Events and Highlights

When you reflect back on 2019 what do you recall?

What were some important events? (Trips, events, milestones...)

What relationships added value to your life? Where there new friends? Big relationship changes?

What song did you love listening to this year? What song would be your theme song for 2019?

What are some of your biggest accomplishments? What are you most proud of? What do you have to celebrate?

What would you like to acknowledge? For what are you grateful?

What three words sum up this year?

2019

Learnings from the Year

When you reflect back on 2019 what do you recall?

One big, obstacle or challenge I overcame this year is...

Was there a key learning you received this year? What new knowledge of skills did you acquire?

My biggest loss or disappointment from this year was and what did I learn from it?

What health challenges did I face this year? Was my health optimal? What message might my body have for me?

What are the activities, responsibilities and relationships you're ready to let go of in order to make space for what's next?

2010-2020

Learnings from the Decade

When you reflect on the past 10 years what do you remember?

Consider the age and stage of your life during the past decade. If there were themes and overarching projects and priorities what were they? What would you call this stage of your life? Write a brief description of the past decade of your life.

How I am different than I was at the beginning of the decade?

What are the things I'm most proud of from the past decade? What are my biggest accomplishment?

What three words or phrase captures the role of this past decade and this stage of life?