

END OF YEAR REFLECTION

One of my favorite ways to reflect back on the previous year is in reverse chronological order, allowing any memories, images, and thoughts to arise, while not trying to conjure anything up in particular. [Click here to be guided through the meditation.](#) Afterward, complete the template below.

Highs:

Lows:

Highs:

Lows:

Highs:

Lows:

Highs:

Lows:

What is the biggest lesson you (re)learned this year?

How do you want to *feel* next year?

