



CHANGING OF THE YEAR WORKBOOK

An opportunity to pause, take stock of 2021
and set intentions for 2022.

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REFLECTIONS

The ending of a year and welcoming in of a new one is a beautiful threshold and opportunity for reflection. These prompts will help you appreciate what you've been through, what you've gained in learning, insight, and wisdom, and give you a chance to imagine what and how you might want to experience in the year to come.

01

What was life-giving to you in 2021? What made you feel more alive, more like yourself, in flow and energized? What were you doing and who were you with?

02

What took the life out of you, so to speak, in 2021? Where did you hold yourself back? Is there anything you would do differently?

03

What are you most proud of in the year last year and why?

04

What are the top 5-10 things you're most grateful for from the last year?

05

Who did you help and what value did you bring to others?



06

What advice would you give yourself going into the next year?

07

What is time to release and let die from 2021?

08

What do you want to let live and continue to grow in 2022?

09

What do you yearn for in 2022? What do you want to manifest in 2022?

10

What was the overarching emotion in your daily 2021 life? What do you want it to be in 2022? How do you want to **be**, in all the roles you hold, in 2022?

11

What do you want 2022 to look like?



12

What would you like to prioritize in 2022 in these 6 areas of holistic wellbeing?

- Physical health
- Spiritual health
- Occupational health
- Emotional health
- Relational health
- Environmental health