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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.



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?



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?



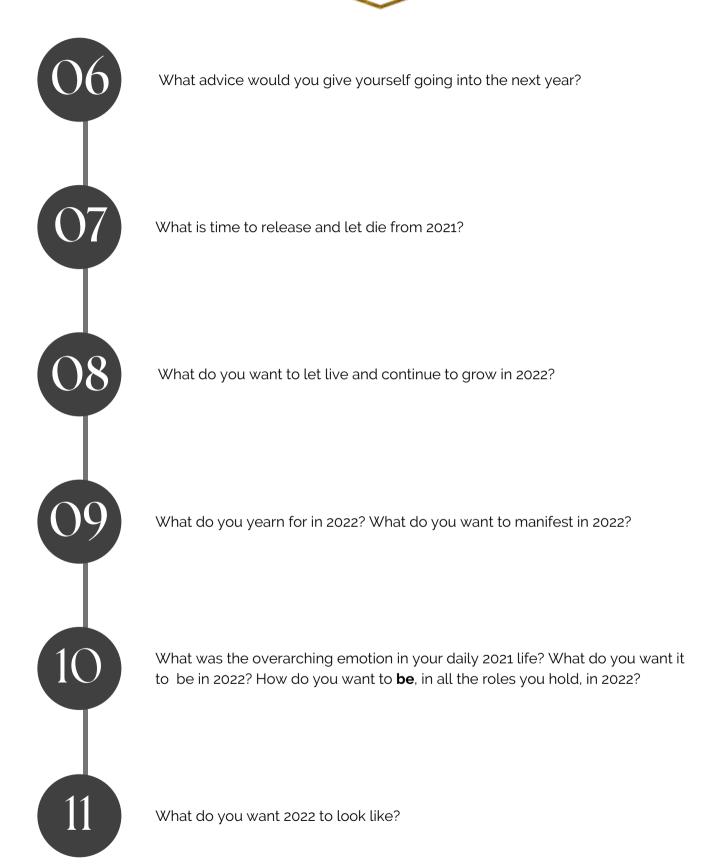
What are you most proud of in the year last year and why?



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



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



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