



## Year End Transition Exercise

Acknowledge and celebrate your accomplishments, growth and learning in this past year, and complete the year in a spirit of appreciation and acceptance, as you clear the way for a fresh start in the new year. Gift yourself with reflection, clarity and intention, activating your imagination and creating vision for the coming year!

1. What were your accomplishments, breakthroughs, joys and wins?
2. What were your breakdowns, disappointments and unmet expectations?
3. What did you learn? What were the gifts that came out of the challenges?
4. What will you do as a result of your learning? What will you carry forward and what will you leave behind? Is there anything you need to say to feel complete with this past year?
5. Imagine yourself a year in the future, looking back on this coming year. What are you celebrating and appreciating? What are your greatest accomplishments? Who played a valuable role? What does it feel like? Let yourself imagine the ideal.
6. Is there a theme for the year? ...Career, relationship, financial freedom, health, etc.? What is the essence within the theme? ...Freedom, joy, peace, connection, aliveness, personal power, creation?
7. What are your next steps towards this vision? What's within reach now? You may want to capture it in a vision statement, journal about it, create a treasure map collage...something to revisit throughout the year to remind you of your vision and its essence.