Heartspoken's New Year's Reflection Worksheet Guidelines

Make this annual reflection your own. There's no right or wrong way to do it, and the order is up to you. I've included some questions to serve as prompts. The worksheets begin with challenges because I have learned it's important to acknowledge and name those before you reflect on what they have taught you or how they might have strengthened you. But if you'd rather begin with page #2 and come back to page 1, that is perfectly fine.

In addition to the three worksheet pages, I have included an extra page for notes and reflections. Print out as many of those as you need and keep them all from year to year to see how you have changed and grown spiritually.

Consider turning this into a ritual by finding a quiet spot and a block of time. Light a candle or say a prayer asking for guidance. Your deepest wisdom is already inside you, but it needs to be allowed to surface through the clutter of everyday noise and busyness.

Your declaration—a credo, if you will—can be a touchstone and guide for you as you make decisions and set priorities in the year ahead. Let me know if you have questions or feedback: elizabethc@heartspoken.com.

Heartspoken's New Year's Reflection Questions to Consider

Don't go back or ahead more than a year from the present time. Remember to focus on what you can control.

- What went well last year? What do I want more in the year to come?
- What didn't go well last year? What do I want to stop doing?
- What am I thankful for in the last year?
- What lessons did I learn from my experiences?
- What mistakes did I make?
- What accomplishments did I achieve? (Don't be modest!)
- Am I stuck in any aspect of my life? Why might I be resisting change?
- Am I taking care of myself physically and spiritually?
- Am I happy? Unhappy? Restless? Why?
- What do I need to let go to make room for what matters most?
- What nourishes me and makes me come alive? How can I get more of this in my life?
- What do I most want to have done or started when I look back a year from now? (Be sure to include this in your Declaration)

Heartspoken's New Year's Reflection Worksheet #1 of 3

Year _____

Challenges

Losses, setbacks, disappointments, heartaches

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Heartspoken's New Year's Reflection Worksheet #2 of 3

Year _____

Blessings & Silver Linings

Progress, successes, insights, achievements

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Heartspoken's New Year's Reflection Worksheet #3 of 3

Year _____

My Declaration/Credo for the year

What I want to do, achieve, or focus on

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Heartspoken's New Year's Reflection Worksheet

Year _____

Extra notes & Reflections

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