



## 2013 – The Year that Was

### *A personal reflection guide*



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# 2013 PERSONAL REFLECTION GUIDE

Before you move into creation of your new year of possibilities, you need to recap, reflect, and complete 2013. Think of it as crossing the final item off your “get to do” list. Or finishing the last cookie in the bag before you open a fresh package. Or writing on the last page of your 2013 journal before you open that shiny new 2014 agenda with its unsullied snowy white pages of possibility. When you recap, reflect and complete your year, do it without self-judgment – simply do it as a fact-finding awareness piece. What was, *was*... The point of power is in the *present* moment.

## Part One - RECAP

If you are like me, you will need to consult your 2013 calendar to even remember the highlights of each month. ☺

Fill in the events, the travel, the milestones, the activity highlights below for each month of 2013.

**JANUARY:** \_\_\_\_\_

**FEBRUARY:** \_\_\_\_\_

**MARCH:** \_\_\_\_\_

**APRIL:** \_\_\_\_\_

**MAY:** \_\_\_\_\_

**JUNE:** \_\_\_\_\_

**JULY:** \_\_\_\_\_

**AUGUST:** \_\_\_\_\_

**SEPTEMBER:** \_\_\_\_\_

**OCTOBER:** \_\_\_\_\_

**NOVEMBER:** \_\_\_\_\_

**DECEMBER:** \_\_\_\_\_

## **Part Two - REFLECTION**

This section goes a bit deeper than the actual events of 2013. Time to acknowledge and celebrate the messages, the learnings, the “sub-text” if you will, of last years actions.

**What did I learn last year?** \_\_\_\_\_

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**What did I accomplish? (BIG WINS/SMALL WINS)**

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**How did I contribute?** \_\_\_\_\_

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**What people am I happy that I met or reconnected with?**

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**What am I grateful for?** \_\_\_\_\_

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**What were my biggest challenges?** \_\_\_\_\_

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**What new sights did I see last year?** \_\_\_\_\_

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**What surprised me?** \_\_\_\_\_

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**What disappointed me?** \_\_\_\_\_

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## **Part Three - COMPLETION**

**What do I want to remember most about the past year?**

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**What 2013 habits or patterns do I want to alter or eliminate?**

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**What still feels unfinished from 2013?**

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**What didn't work out the way I wanted in 2013?**

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**What will I forgive myself for?**

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**What am I willing to let go of?**

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***WHEWFF! FEEL LIGHTER BY HONORING THE YEAR THAT WAS? FEEL LIKE YOU HAVE SOME MORE BANDWIDTH? MORE MENTAL RAM? REVEL IN THOSE FEELINGS AND IN THE SPACE YOU CREATED BY COMPLETING 2013. NOW YOU ARE SET TO START DREAMING ABOUT YOUR JOYOUS, POSSIBILITY FILLED 2014.***

**-Jan Carley**

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