

# 20-21 SELF REFLECTION EXERCISE

2020 had more challenges in the collective than we have seen in a while. And a lot of them were out of our control. If you need to process your experience from 2020 here - then go for it! Get some tea, hot chocolate or coffee and spill your heart out on a blank piece of paper.

One of the most wonderful parts of writing in a journal or blank page is knowing that no one is looking over your shoulder. It's just you and the Universe. You aren't doing this to please anyone else... you are doing it for you and you alone. I encourage you to use your blank piece of paper to reflect on anything you need to. Focusing on what you had control over will benefit this practice the most. We are talking about "self" reflection after-all :) Keeping in mind- it's OKAY if situations that were outside of your control influenced choices you made within your control.

There are a couple of highlights I would like to share with the aim of boosting the effects of this process.

1. Be honest with yourself.
2. Have grace for yourself - do not attach a word, label or identity to yourself when you reflect on this past year (or any for that matter). This is not an exercise of self criticism, blame and judgement. When you reflect, just pay attention and notice it... Like you would your own child or a friend you love. That is of course if it is a healthy uplifting relationship.
3. Don't blame others for your choices. You drive your life always.
4. Take moments to breath deeply if you feel triggered by anything that comes up.
5. Take your time. No one is rushing you to complete this. I find I do exercises like this between 1-3 days with an hour our so each day.

Now let's begin!

## THE QUESTIONS...

1. What worked for you in 2020 ?
2. What didn't work for you in 2020 ?
3. What behaviors did you adopt that you understand but would like change ?
4. What were your biggest challenges ? Emotionally. Mentally. Physically. Spiritually
5. What were some accomplishments ? Emotionally, Mentally, Physically. Spiritually
6. What in 2020 were the most joyful moments ?
7. What were your most creative moments ? Did you enjoy them ?
8. What were your biggest lessons from 2020 ?
9. What do you wish you did more of ? less of ?

**AWESOME SAUCE... NOW GET A NEW BLANK PAGE :)**

# 2021

## THE EXERCISES



- Based on your 2020 reflections - what theme would be a connecting thread to what you're trying to pay attention to and concentrate on this year? Another way to look at it is...what would you like to nurture to fruition this year? Examples: Peace, Joy, Gratitude, commitment, dedication, organization, focus, slowing down - to name a few.

Using that theme find ways to connect it to these main categories : Financial, Career, Creativity, Relationships, Wellbeing (mental | emotional | physical | Spiritual).

- Pick 1 goal to attend to in each of these categories that connects to your theme. Example: If my theme is consistency my goals might be for financial - set a budget that I know I can be consistent with. That is helpful but also doesn't strain my freedom. For Career it could be to set a specific time every workday to take a break so my effort can be sustainable throughout the week. etc.

The theme is going to be your foundation for the year. Consider it your baseline and north star. Use it as a gentle reminder throughout the year.



## MINDFULNESS & AWARENESS

## TOOLS THAT BOOST THE PROCESS

It is in my personal experience that mindfulness and awareness have really helped in my process of creating changes that matter and that last. Awareness | Reflection | Development are three pillars that hold up the possibility for change to take place and last.

I encourage awareness because as you move through not only this year, but this life - awareness assists us in presence. Awareness tapped with compassion and mindfulness allows us to see situations for what they are and not attach an idea or feeling or perception on them. We don't shame ourselves or shame others. We are able to accept our behaviors and change them if we want. Without awareness - it's not likely that goals you set will be that related or meaningful to you in your journey. You might be setting a goal you think you should set because someone else did without the presence of awareness. Long story short: it's our ability to see things clearly without judgment or attachment.

Another way to use awareness and mindfulness in this process of change is when you feel yourself potentially slipping into behaviors you want to change - take a deep breath and step back from yourself.

Sometimes I even close my eyes and place a hand on my heart. THIS IS WHERE THINGS GET TOUGH. And in full transparency I haven't mastered it 100 percent of the time. There are years, days, and months where I am #crushingit and facing my challenges every day. And there are times where I fail and have to get back up again. That's life baby.

Some tips when moments set you off track that have worked for me to "reset" is to exercise , wash dishes, talk to a friend, fold clothes, take a walk outside etc. You probably have your own you can add to this list.

I will say clearly that this work is not easy. It seems easy - and looks glamorous from social media influencers LOL but it's not easy. It takes time, energy, effort, action and emotion to work through this stuff. If this is your first deep reflection exercise - kuddos to you. For real. Stick with it! I may not know you - I may not have met you - but I am undoubtedly cheering you on.

Remember your life is your responsibility.

*Big Love and Shine on*

*Cassidy Richison*