

Celebrating 2014: Questions for Reflection

Source: www.morgandaycecil.com

1. What were 3 significant events for me this past year?
2. What were a few of the most significant moments (think small, like noticing the beauty of the bridge of your daughter's nose, holding your grandma's hand, paying attention to the snow fall)
3. What did I accomplish this year? List all your wins (even ones that seem silly small, like introducing yourself to your neighbor and making a new friend).
4. What were a few of the surprise challenges you faced this year?
5. In what ways did I heal this year (emotionally, spiritually, physically)? Where do I feel freer?
6. What day was of 2014 did I feel the most alive and why?
7. What day or season of 2014 did I feel the most discouraged and why?
8. What did I complete, release or surrender?
9. What am I holding onto that still needs closure?
10. In what ways did I pay attention to others and bless them or help them meet their needs? Who did I grow closer to this year?
11. Where did I lose myself this year (what were my biggest time wasters and energy-sucks?)
12. What did I do right? List what you feel particularly good about. (Working out regularly, keeping a journal)
13. What's on my Best-Of List for 2014?

Favorite Books? Favorite Movies? Favorite Restaurants? Favorite Gadgets?

14. Where did joy surprise me this year? How can I bring more of that into next year?
-

20 Resolutions We All Should Make

Source: www.mindbodygreen.com

1. Release what no longer serves you.
2. Live less out of habit and focus on intent.
3. Raise your standards.

4. Look for the good in others instead of focusing on the bad.
5. Be OK with not being OK.
6. Look in the mirror and like what you see.
7. Be kind to yourself when you're learning something new.
8. Be OK with not knowing. Learn to love the journey.
9. Stop apologizing.
10. Let love guide you.
11. Stop rushing things that need time to grow.
12. Know the difference between giving up and knowing when you've had enough.
Let enough be enough.
13. Travel to that place you keep thinking about. It's in your heart for a reason.
14. Trust yourself more.
15. Let go of who you think you are so you become who you want to be.
16. Be thankful for today.
17. Don't worry about how your life looks. Instead, focus on how it feels.
18. Invite your inner child out to play daily.
19. Let yourself be you.
20. Stop trying so hard to get to where you think you should be and see you are exactly where you need to be.