



TERRA KIND STUDIO

ST. PAUL MN / EST. 2020



How do you know
where you're going
if you don't know
where you've been?

SIMPLE YEAR-END REFLECTION / 2022

Welcome

I'm so happy you're here!



For some this is a joyous time of year. For others it can be a most difficult, stressful season. No matter where you find yourself right now, what I offer is a gift and an invitation for you to take time for yourself (because you are worth it) to gather what insights and wisdoms 2022 brought into your life.

This is a simple year-end reflection process I discovered a couple of years ago that has been both grounding and powerful. Going through the process gives me clarity and direction on how I wanted to shape my life in the year to come.

Start by making space for yourself. Find a quiet, private, if not inspiring spot (or spots) over a couple of hours or several days. Take the time you need for reflection. Write things down long hand, or if you're like me and want to be able to read what you wrote, jot it all down in your laptop. That's OK, too. Just shut off notifications and put the phone in another room...far away. Most of all, be gentle with yourself. **Let's settle in...**

XOXO
Kristin

PART ONE

ACCOMPLISHMENTS

The first step is to write down everything I accomplished this year. I mean **EVERYTHING**. Nothing is too minor even if you think it is a minor thing.

For example, in 2020, I put down “voting” because it was during the height of the pandemic and it was uncertain how I was going to do that. Another year it was something as simple as reaching out to someone I really admired and invited them to coffee. We met and had a rich exchange of ideas and resources. That was a big deal to me because I can be shy, self-deprecating introvert. But it also goes to show what a little bravery can bring to your life.

YOUR TURN. Write down all the projects, milestones and things you’ve done that yielded a positive outcome. You may want write out a separate list for personal and professional accomplishments. It’s totally up to you. This usually takes me a few days to put an accomplishments list together. **Don’t rush this part** of the process. I find it helpful to consult my paper calendar during this part, too.

At the end of PART ONE, you will likely be amazed at what you accomplished in 2022. If you feel you didn’t or weren’t able to do all the things you wanted to do this year, give yourself some grace. Some years are just plain tough. It doesn’t mean you didn’t grow. That in of itself **is an accomplishment.**



PART TWO

INSIGHTS

The next step is to write down the **six BIGGEST insights** I took from this year. Again, take your time. You may find yourself having more than one for each insight. Some may be difficult to land on an answer. That's OK. I find there always some surprises that spring up for me when doing this part of my reflection process.

1. **The wisest decision I made...**
2. **The biggest lesson I learned...**
3. **The biggest risk I took...**
4. **The biggest surprise of the year...**
5. **The most important thing I did for others...**
6. **The biggest thing I completed...**



PART THREE

INTENTIONS

In this last part, I reflect on how I want to support myself in the coming year by setting powerful intentions. Never being one for resolutions, I find that setting intentions is a positive mindset for growth. Some of your answers will come swiftly with a full-body YES! and others may take time. Be honest with yourself.

1. The challenges I am ready to overcome ...

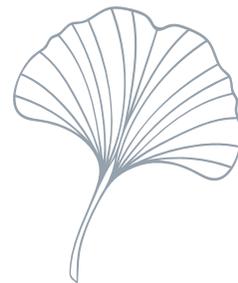
2. I am ready to let go of ...

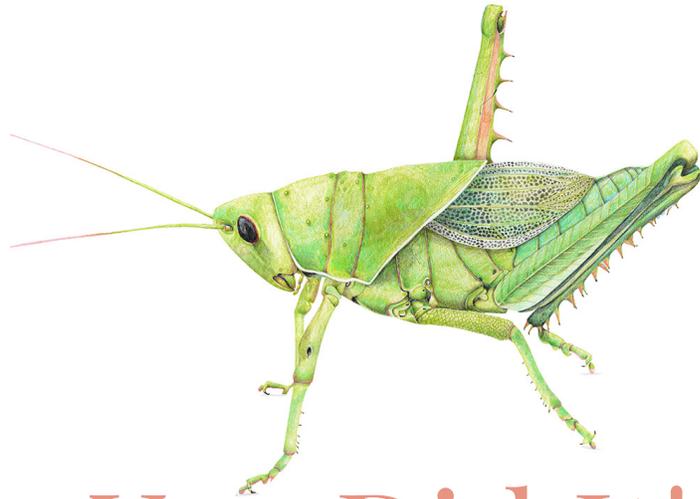
3. I am willing to allow ...

4. I want to express ...

5. I would be more powerful if ...

6. I want to deepen my relationships with ...





You Did It!

My hope is that you were able to mine goodness and wisdom during this pause reflecting on 2022, no matter how your year unfolded. Many year-end blessings to you and may 2023 bring you happiness, health, and peace.

**GRASSHOPPERS CAN NOT JUMP BACKWARDS,
NOR SIDE TO SIDE. IT CAN ONLY JUMP FORWARD.
IT'S WHY THE GRASSHOPPER IS THE HARBINGER
OF GOOD FORTUNE.**

Be kind to everything that lives.