

GUIDED REFLECTION

This is designed to walk you through the things, activities, and relationships in your life and how they may have changed in the past year. As you work through the three categories (letting go, on the horizon, holding tight), give thought to areas that are both front of mind, and those that may be a bit more difficult to work through.

Step One: Before you begin to think about things you want to work on, change, or do better at, give space to reflect what has happened first over this past year.

Step Two: Reflect on each of the below areas as you work through the three categories.

Relationships – family, friends, self
Consumables – food, cleaning products, toys
Goals – priorities, reality, resources

Daily Activities – routines, products, gaps
Emotions – reactions, thoughts, self-talk
Environment – passive actions, active steps, continued learning
Growth – work, home, self

Step Three: If you get stuck, here are further explanations and examples of each category.

Let Go

The decisions I have stopped or am releasing from my life.

Examples:

- Using single use paper towels.
- Getting a takeout coffee every morning.
- Reevaluated which relationships are toxic and closed the door on those.
- Recognized which family members are not offering the support I need and putting them in a category of their own.
- Using credit cards on items I can't afford.

On the Horizon

The choices on my horizon that I want to give more time to when I have the energy, time, or finances.

Examples:

- Using single use paper towels.
- Getting a takeout coffee every morning.
- Reevaluated which relationships are toxic and closed the door on those.
- Recognized which family members are not offering the support I need and putting them in a category of their own.
- Using credit cards on items I can't afford.
- Launching a weekly family game night.

Hold On

The choices I've made about products, companies, and purchases that were good for my ecosystem.

Examples:

- Cancelled my amazon prime membership to try to discourage one-click buying.
- Joined my local co-op to grocery shop locally.
- Shop on etsy first to support small businesses and artisans
- Bringing a reusable tumbler when I go to get coffee.
- Paying off credit card debt.
- Daily journaling or gratitude exercises. (link to SF article)

Step Four: Lastly, go through the three categories again with the mindset of where you have capacity to do more and set goals accordingly.

Step Five: Set a plan to revisit this at a regular interval that works for you!



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