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Leadership for Human Flourishing

Synchronous Life System

Year in Review

A Whole-Life Reflection Guide

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Welcome

How to Use This Guide

This is not a productivity tool.
It's not a performance review.
It's not a list of resolutions waiting to happen.

This guide is a **reflection space**—designed to help you see the past year clearly before you try to shape the next one.

What This Guide Is

- A structured pause
- A way to notice patterns across your whole life
- A tool for naming what strengthened you, strained you, or sustained you

What This Guide Is Not

- A scorecard
- A self-improvement checklist
- A demand to “fix” anything

Nothing here needs to be optimized.
Everything here needs to be *noticed*.

How Much Time to Set Aside

Plan for **45–75 minutes total**, ideally in one or two sittings.

If you’re short on time:

- Complete **2–3 domains now**
- Return to the others later

Depth matters more than completion.

How to Work with the Questions

- Write more than you think you should
- Stop when something feels true—not when it sounds good
- If a question irritates you, stay with it

- If a question feels flat, skip it and move on

There is no correct way to do this—only an honest one.

A Note on the Six Domains

The Synchronous Life System views life as **interconnected**, not compartmentalized.

Each domain influences the others:

- Inner life shapes outer life
- Strain travels
- Support multiplies

As you reflect, pay attention to **movement between domains**, not just what happened inside them.

Take a breath.

You're not behind.

You're arriving.

The Synchronous Life System at a Glance

The six domains move in paired relationships:

- **Spiritual ↔ Physical**
- **Emotional ↔ Relational**
- **Intellectual ↔ Occupational**

When one domain is strained, others compensate.

When one is supported, others benefit.

This guide helps you see the *system*, not just the parts.

The Spiritual Domain

What This Domain Governs

The Spiritual Domain reflects your **sense of meaning, purpose, values, and inner orientation**.

This domain is not about belief systems.

It's about what quietly answers the question: *Why am I doing this?*

When this domain is healthy, life feels coherent—even when it's hard.

When it's strained, activity continues, but meaning thins out.

Looking Back: What Was True This Year

- Where did I feel most connected to meaning or purpose this year?
What gave those moments weight or depth?
- Where did life feel hollow, rushed, or misaligned?
What was missing in those seasons?
- What values guided my decisions most clearly this year?
Where did I honor them? Where did I compromise them?
- When did I feel most grounded internally—even amid uncertainty?
- Where did I sense a quiet invitation to slow down, listen, or reorient—and how did I respond?

Signals & Symptoms

When my spiritual wellbeing was nourished, I noticed:

When it was strained, it showed up as:

Practices and Orientation

- What practices—formal or informal—helped me stay connected to what matters?
- What practices faded or disappeared this year? What replaced them?

- What questions lingered beneath the surface of my life this year?

Integration Reflection — Spiritual ↔ Physical

- How did my physical rhythms support or undermine my inner life?
- Where did exhaustion make spiritual clarity harder to access?
- Where did rest, embodiment, or presence restore perspective?

Naming the Year (Optional)

If I named this year spiritually, I would call it:

What does that name help me understand now?

The Physical Domain

What This Domain Governs

The Physical Domain reflects **energy, health, embodiment, and sustainability**.

Your body is not a machine.
It's a messenger.

When this domain is supported, energy becomes available for everything else.
When it's strained, every domain pays the price.

Looking Back: What Was True This Year

- How did my energy fluctuate across the year? What patterns do I notice now?
- Where did my body feel supported and cared for?
- Where did I push past physical limits—or ignore signals? What prompted that?
- What rhythms of rest, movement, or nourishment worked well?
- What physical habits slowly eroded sustainability, even if they felt necessary?

Signals & Symptoms

When my physical wellbeing was supported, I noticed:

When it was strained, it showed up as:

Sustainability and Care

- What did my body need more of this year—but rarely received?
- What did it need less of—but often endured anyway?
- What physical practices felt realistic and sustaining—not idealized?

Integration Reflection — Physical ↔ Spiritual

- How did physical depletion affect meaning or clarity?
- How did physical care support presence, gratitude, or perspective?

Naming the Year

If this year had a physical theme, it would be:

What is my body still asking for now?

The Emotional Domain

What This Domain Governs

The Emotional Domain reflects your **capacity to notice, name, process, and respond to what you feel**—without being ruled by it or disconnected from it.

Emotional wellbeing is not about being calm all the time.

It's about **emotional honesty, resilience, and recovery**.

When this domain is healthy, emotions act as **signals and data**.

When it's strained, emotions either run the system—or disappear from it.

Looking Back: What Was True This Year

Take your time with these questions. Let patterns emerge.

- What emotions showed up most consistently this year?
(Not the loudest moments—the recurring ones.)
What did those emotions seem to be responding to?
- Where did I feel emotionally stretched, compressed, or overloaded?
What situations or seasons contributed to that pressure?
- When did I feel emotionally grounded or steady—even when things were hard?
What was different about those moments?
- How did I typically respond when strong emotions surfaced?
(Avoidance, overthinking, reactivity, shutdown, reflection, expression?)
- What emotions did I tend to override, minimize, or postpone?
What did that cost me—personally or relationally?

Signals & Symptoms

Use the prompts below to notice cause-and-effect, not to judge.

When my emotional wellbeing was supported, I noticed:

When my emotional wellbeing was strained, it showed up as:

The earliest signal that I was emotionally overloaded tended to be:

Regulation, Resilience, and Recovery

- What helped me recover emotionally after stress, disappointment, or conflict?
(Practices, people, pauses, perspectives)
- What *didn't* actually help, even though I kept using it?
(Distraction, overwork, withdrawal, self-criticism, numbing)
- Where did I grow emotionally this year—even if I wouldn't have chosen the circumstances?

Integration Reflection — Emotional ↔ Relational

Your emotions don't live in isolation. They move between you and others.

- How did my emotional patterns affect my closest relationships this year?
- How did my relationships either support or strain my emotional wellbeing?
- Where did unspoken emotions quietly shape interactions, decisions, or distance?

Naming the Year (Optional)

If I named this year emotionally, not the events, but the inner experience, I would call it:

What does that name help me understand now?

The Relational Domain

What This Domain Governs

The Relational Domain reflects the **quality, sustainability, and honesty of your connections**—with family, friends, colleagues, partners, and communities.

Relational wellbeing is not about being liked or conflict-free.
It's about **trust, boundaries, repair, and mutuality**.

When this domain is healthy, relationships are energizing and resilient.
When it's strained, relationships become either **draining, distant, or demanding**.

Looking Back: What Was True This Year

- Which relationships felt most life-giving this year?
What made them feel that way—presence, safety, honesty, shared values?
- Which relationships consistently required more energy than they returned?
What was being asked of you—emotionally, practically, or relationally?
- Where did I feel most seen, known, or understood?
What conditions made that possible?
- Where did I hold back parts of myself to keep the peace or avoid tension?
What did that cost me over time?
- What relational patterns repeated themselves this year?
(Conflict avoidance, overfunctioning, emotional labor, withdrawal, repair?)

Boundaries, Trust, and Repair

- Where were my boundaries clear and respected this year?
How did that affect my energy and presence?
- Where were my boundaries blurred, weak, or inconsistent?
What made them hard to hold?
- What conflicts or ruptures were handled well?
What made repair possible?
- What conversations were delayed, avoided, or left unfinished?
What might they still be asking for?

Signals & Symptoms

When my relational wellbeing was strong, I noticed:

When my relational wellbeing was strained, it showed up as:

The first sign a relationship was becoming unsustainable tended to be:

Integration Reflection — Relational ↔ Emotional

- Which emotions were easiest for me to express with others this year?
- Which emotions were hardest to express or receive?
- How did my emotional habits shape my relational outcomes?

Naming the Year (Optional)

Relationally, this year felt like:

What does that clarify for me now?

The Intellectual Domain

What This Domain Governs

The Intellectual Domain reflects how you **think, learn, process, and make meaning of information.**

This domain isn't about intelligence.

It's about **curiosity, discernment, and mental flexibility.**

When healthy, thinking feels alive and adaptive.

When strained, thinking becomes rigid, reactive, or overloaded.

Looking Back: What Was True This Year

- What engaged my curiosity this year?
What did I enjoy learning or exploring?
- Where did my thinking feel stretched in healthy ways?
- Where did I feel mentally overloaded or scattered?
- What narratives or assumptions quietly shaped my decisions?
- What ideas helped me make better sense of my life this year?

Signals & Symptoms

When my intellectual wellbeing was strong, I noticed:

When it was strained, it showed up as:

Learning and Meaning-Making

- What inputs dominated my thinking this year?
(People, media, work demands, crises?)
- Where did I intentionally reflect or synthesize instead of react?
- What questions am I still carrying forward?

Integration Reflection — Intellectual ↔ Occupational

- How did my thinking shape my work decisions?
- How did work demands shape the quality of my thinking?

Naming the Year (Optional)

Intellectually, this year was:

What thinking patterns am I ready to loosen or strengthen?

The Occupational Domain

What This Domain Governs

The Occupational Domain reflects how you invest **time, energy, skills, and attention** through work and responsibility.

This includes paid work, unpaid labor, caregiving, volunteering, and roles that occupy your life.

When this domain is aligned, work contributes to life.

When it's strained, work consumes life.

Looking Back: What Was True This Year

- Where did my work feel meaningful or worthwhile this year?
- Where did it feel misaligned, draining, or unsustainable?
- How did my work shape my identity—for better or worse?
- What demands consistently crowded out other domains?
- What contributions am I genuinely proud of?

Signals & Symptoms

When my occupational wellbeing was supported, I noticed:

When it was strained, it showed up as:

Alignment and Limits

- What expectations governed my work this year—spoken or unspoken?
- Where did I overfunction, compensate, or carry what wasn't mine?
- What boundaries or structural changes might have mattered more than effort?

Integration Reflection — Occupational ↔ Intellectual

- How did my work demand certain kinds of thinking?
- How did my thinking either clarify or complicate my work life?

Naming the Year (Optional)

Occupationally, this year felt like:

What feels complete—and what does not?

Your Six-Domain Snapshot

This section is not about scoring yourself.
It's about **seeing the system**.

The Six Domains at a Glance

For each domain, mark where your **felt experience** most often landed:

Domain	Depleted	Strained	Stable	Nourishing
Spiritual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Emotional	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Relational	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intellectual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Occupational	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pattern Recognition

- Which domain carried the most weight this year?
- Which domain absorbed the most strain from others?
- Which domain was quietly under-resourced but kept going anyway?
- Which domain surprised me—positively or negatively?

Cross-Domain Effects

When this domain struggled, these other domains were affected:

When this domain was supported, it strengthened:

One imbalance that had a bigger ripple effect than I expected was:

System Insight

Complete the sentence:

"Looking at the year as a whole, the core issue wasn't _____.
It was really about _____. "

A Pause Before Planning

Resist the urge to fix anything yet.

Instead, ask:

- What wants more honesty next year?
- What wants more care?
- What wants more structure—or less?

Write whatever comes, without editing.

Closing the Year Well

The Threshold

You've taken stock.

You've looked back across the six domains of your life—not as separate compartments, but as a living system. You've noticed where energy flowed, where it leaked, where it surprised you, and where it quietly asked for more care than it received.

This moment matters.

Not because everything is now clear—but because **enough is clear**.

Before You Move Forward

Resist the urge to rush into fixing, planning, or deciding.

Clarity does not require urgency.

Insight does not demand immediate action.

Pause long enough to let what you've seen **settle into you**.

- What feels unmistakably true now?
- What no longer needs to be argued with?
- What am I finally willing to name?

What You're Carrying Forward

Some things from this year deserve to come with you—not out of obligation, but because they work.

- Which practices, relationships, rhythms, or perspectives sustained you?
- What did you learn about yourself that you don't want to forget?
- What inner capacities quietly strengthened, even through difficulty?

What You're Ready to Release

Not everything needs to cross the threshold.

- What expectations drained more than they gave?
- What patterns kept repeating without producing change?
- What are you tired of managing, compensating for, or carrying alone?

The Threshold Question

Before goals.

Before plans.

Before strategies.

Given what I now see, what wants to be different next—not perfect, just different?

A Final Orientation

The next year does not need a new version of you.

It needs:

- Clearer alignment
- Kinder limits
- More honest rhythms
- Better support

Take one last breath.

You've crossed something important.

We'd love to journey with you as you reflect on this last year.

Schedule a free consultation.

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