

Reflecting in December

A December reflection involves looking back at the year's accomplishments, lessons learned, and challenges overcome, while also considering what you want to carry forward into the new year. It's a time for acknowledging personal growth, practicing gratitude, and setting intentions for the future, often framed by the holiday season's themes of light, hope, and community.

For personal growth

- Recognize your progress: Think about your accomplishments, both big and small, over the past year. Acknowledge where you were a year ago and how far you've come.
- Identify lessons learned: Reflect on what you've learned from both positive and negative experiences. What did you learn about yourself or the world around you?
- Focus on gratitude: Allow yourself to feel gratitude for where you are and your journey, no matter what it looked like.
- Outline areas for improvement: Note areas where you would like to improve, but approach this with compassion rather than self-criticism.
- Set future goals: Create a list of short-term and long-term goals for the upcoming year.

For seasonal and spiritual reflection

- Embrace the season: December's themes can include hope, light, and miracles, often tied to winter solstice traditions or holiday celebrations.
- Find peace amid busyness: Use this time to slow down and reconnect with yourself, even amidst the holiday rush.
- Focus on connection: Share stories with loved ones and ask curious questions to deepen your connections.
- Consider spiritual or philosophical themes: For some, this is a time to reflect on faith, peace, love, and compassion, and how to embody these in the coming year. Others may focus on themes of the "Self" and "divine unfolding".