

A black and white photograph of a person's face and hands holding a glass of champagne. The person is smiling and looking down at the glass. The background is dark with bokeh light effects. There are yellow streamers and confetti scattered around the person. The text "A New Year Reflection" is overlaid in a large, white, serif font. Below it, the text "gentle + self-paced" is written in a white, cursive font. At the bottom, the text "~30-45 min" is written in a yellow, cursive font.

A New Year Reflection

gentle + self-paced

~30-45 min

From year to
year we may
observe
passing into a
new year in
various ways.



Maybe we set
goals, form
resolutions, create
vision boards,
focus on a theme,
word or image, or
offer up a prayer.
Maybe we do
nothing + choose
to sail plan-less
but present into
the newness.

Wherever you
find yourself
in this
moment, here
are some
reflection
prompts +
rituals to
support you.



What do we
need to
grieve, let go
of, be grateful
for, bring with
us and open
ourselves to?



2020 has been
challenging to
say the least.

And the holidays feel a little different.





Grab a pen + paper.

Find a quiet space + comfy chair.

BEGIN:

Breathe deep + slow for 1 minute.

What losses are you grieving?




Write them down + simply allow yourself to feel the loss.
Feel also the strength of the chair beneath you + faithful support
of your breath as the thoughts + feelings move through you.



What is one thing you
want to let go of *
from 2020?

*Write this down + then crumple
the paper + throw it away to
symbolically say goodbye.*



What was a silver lining,
surprising joy, new insight,
or meaningful experience
in 2020 that you want to
bring with you into 2021?

Write them down + tuck the paper somewhere you'll see often.





What do you need
to receive this year?

Who do you want
to keep becoming?





What big question(s) am I bringing into 2021?

Write them down + be ok with not having the answers yet.

Practicing asking, being curious + seeking keeps us open.

These will guide how attentive you are to unexpected insights.



What do I hope for us all in 2021?



"May we all _____."



Wishing you a
safe, peaceful
year as we
continue to open
ourselves to the
unknown gifts of
2021!

A black and white photograph of three young women celebrating New Year's Eve. They are sitting at a table, holding champagne flutes. The woman on the left is smiling and looking down at her glass. The woman in the middle is blowing out candles on a cake. The woman on the right is looking up and smiling. The background is a tiled wall. The image is decorated with yellow confetti and streamers.

Have a wonderful
New Year, dear friend!

Lots of love, Cat