



Reflection & Projection

A booklet to help you start
a new chapter in life

WanderWomen

Explore. Restore. Live your truth.





Whether your motivation to use this booklet for an end of year reflection, before you start a new job, after a break-up, before a move, a big life event or whether you are simply keen to enjoy some reflective time for yourself (or with family/friends), I hope you enjoy it!

I have been enjoying this little ritual throughout the last few years, in December, to slow right down, remember the highlights and lows of the year just gone, and plan the new year accordingly.

Look through each week of last year's diary/calendar, and if, like me, you are more of a visual person, it helps looking through your year's photos to remember certain events and happenings, too! Note down events and happenings that stand out to you.

You can work through the booklet in one session, with some nice music playing, a hot drink and some hours to yourself, or you can make it a daily project and take 15 minutes for each prompt.

Whatever suits you best!

I recommend that you integrate it in your journalling practice, so that you can refer back to it whenever you like, or whenever you next feel like doing some "Reflecting & Projecting".

Are you ready? Let's get started!

Enjoy!

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Looking at different categories in your life, what has the past year been about for you?

What stood out for you in the following areas?

Which experiences were most significant?

Here are the categories to explore:

Personal & Family Life

Belongings & Things

Friends & Community

Intellectual

Finances

Work/Studies/Profession

Relaxation/Hobbies/Creativity

Health & Fitness

Emotional/Spiritual

Bucket list (in case you achieved something you always wanted)

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Complete these Six Sentences -

The best decision I made...

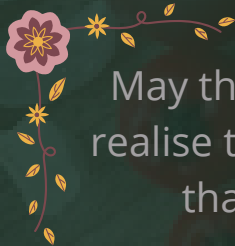
The most significant lesson I learnt...

The biggest risk I took....

The best surprise of the Year...

The most important thing I did for
others...

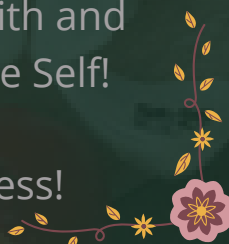
The biggest thing I completed...



May these reflections help you
realise that life is so much better
than you ever thought.

May it assist you in counting your
blessings, and help you to realise
that quietening and slowing down
is the medicine for your
communication with and
reclamation of the Self!

Enjoy the process!



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Answer these six Questions -

What are you proud of?

Who are the three people who influenced
you the most?

Who are the three people who YOU
influenced the most?

What were you not able to accomplish in
2020 (yet)?

What is the best thing you discovered
about yourself?

What are you most grateful for this year?



Some of these questions might
take a little longer than other
reflections.

Hang in there, and take your time!



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The best Moments...

Describe the best, happiest and joyful moments?

How did you feel?

Who was there with you?

What were you doing?

What kinds of smells, sounds or tastes do you remember?



Draw them, or write about them!



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Accomplishments

List your three greatest accomplishments from last year.

What did you do to achieve these?

Who helped you achieve these successes? How?

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Challenges

List three of the biggest challenges that you faced.

Who or what helped you overcome these challenges?

What have you learned about yourself by overcoming these challenges?

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Forgiveness

Did anything happen during the
past year that still needs to be
forgiven?

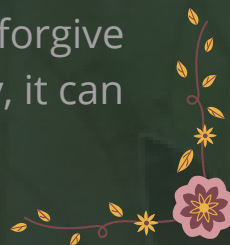
Deeds or words that made you feel
bad?

Or are you angry with yourself?



Write it down. Do yourself good
by forgiving.

If you don't feel ready to forgive
yet, write it down anyway, it can
work wonders!



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Is there anything else you need to
say?

Is there anything you have to let go
of before starting a new chapter?



Draw or write - spend some time
thinking about it, then,

Let
It
All
Go...



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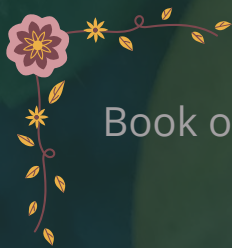
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Choose three words to define your
past year!



If someone were to write a book
about your year, what would its title
be?



Book or Film - your choice!



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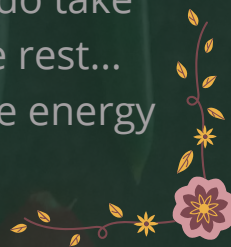
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If there is anything else left that you would like to write down, or there is anybody that you would like to say goodbye to, do that now!



Now that we are done with reflecting the old year, do take some time to get some rest...
..because you need some energy and space to...



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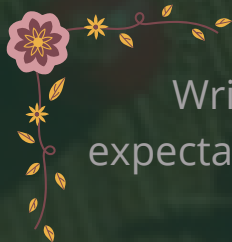
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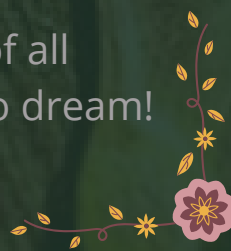
Dare to dream BIG.

What does the year ahead of you
look like?

What will happen in an ideal case?
Why will it be great?



Write, draw, let go of all
expectations and dare to dream!



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This is what my next year will be about -

Define the most important aspects of the
next year in the following areas -

Which events will be most important?

Personal Life & Family

Belongings (Home/Objects)

Friends & Community

Intellectual

Finances

Work/Studies/Profession

Relaxation/Hobbies/Creativity

Health & Fitness

Emotional/Spiritual

Bucket List (List those goals you eventually
want to achieve)

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Magical Triplets for the Year ahead:

These three things I will love about myself.

I am ready to let go of these three things.

These three things I want to achieve the most.

These three people will be my pillars during tough times.

These three things I will dare to discover.

These three things I will have the power to say NO to.

These three things I will make my surroundings cosy with.

These three things I will do every morning.

Three things I will treat myself with/to regularly.

These three places I will visit.

I will connect with my loved ones in these three ways.

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Six Sentences about my year
ahead:

This year, I will not procrastinate
any more to...

This year I will draw the most
energy from...

This year I will be the bravest
when...

This year, I will say YES when...

This year I will advise myself to...

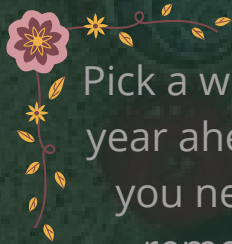
This year will be special to me
because...

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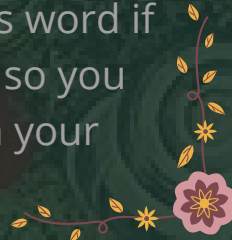
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My word for the year ahead...



Pick a word to symbolise and define the year ahead. You can look at this word if you need some extra energy, so you remember not to give up on your dreams.



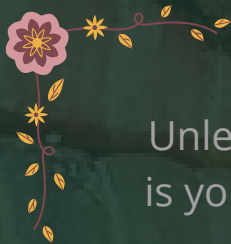
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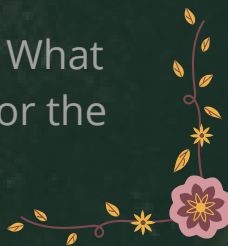


And finally...

What is your Secret wish?



Unleash your mind. What
is your secret wish for the
next year?



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You did it!

I hope you feel great after this reflective/projective exercise, gained a positive outlook, and feel brave and excited to take on your next new chapter.

Thank yourself for taking the time to slow down, digest what has been and look ahead with new inspiration, goals and energy.

Stay positive and keep those big dreams alive for the next chapter!

If you are keen to share some of your reflections as a blog on the WanderWomen website, please let me know and we can chat about it!
anna@wander-women.co.uk

All prompts inspired by
#yearcompass

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