

with _____

1. What was the most important thing you learned about yourself this year?

2. What is one hardship you overcame this year that you are proud of?
What did you learn from this experience?

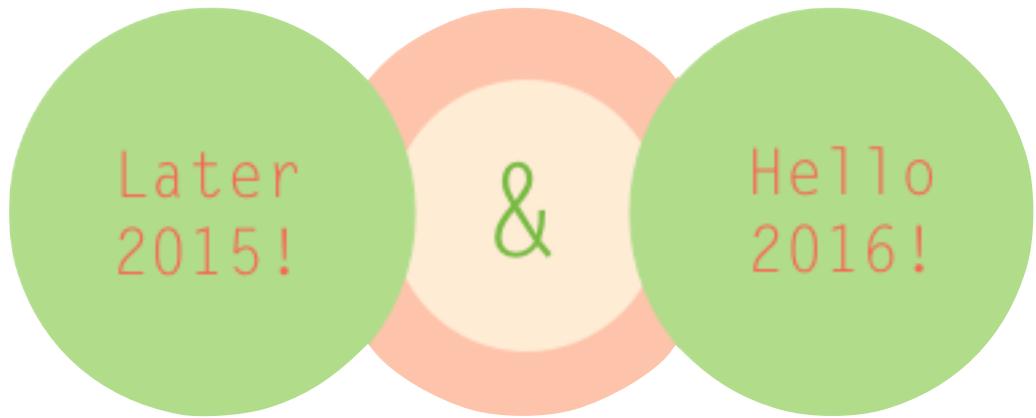
3. Reflect on 1-3 people and/or moments that impacted your 2015 and why?

4. What work and/or play in 2015 had you excited to be alive? Moved beyond words?

5. What inspired you this year? (companies, org, projects, movements, stories, etc.)

6. What do you want to scream from the rooftops in celebration with 2015 coming to a close?

7. In a phrase, how would you capture your 2015?



1. Write down 1 or 2 qualities that you want to explore in the New Year and why?

2. What could you let go of moving into the New Year and why?

3. Think of 1 or 2 people you want to improve your relationship with (it can be yourself) and how will you start the conversation?

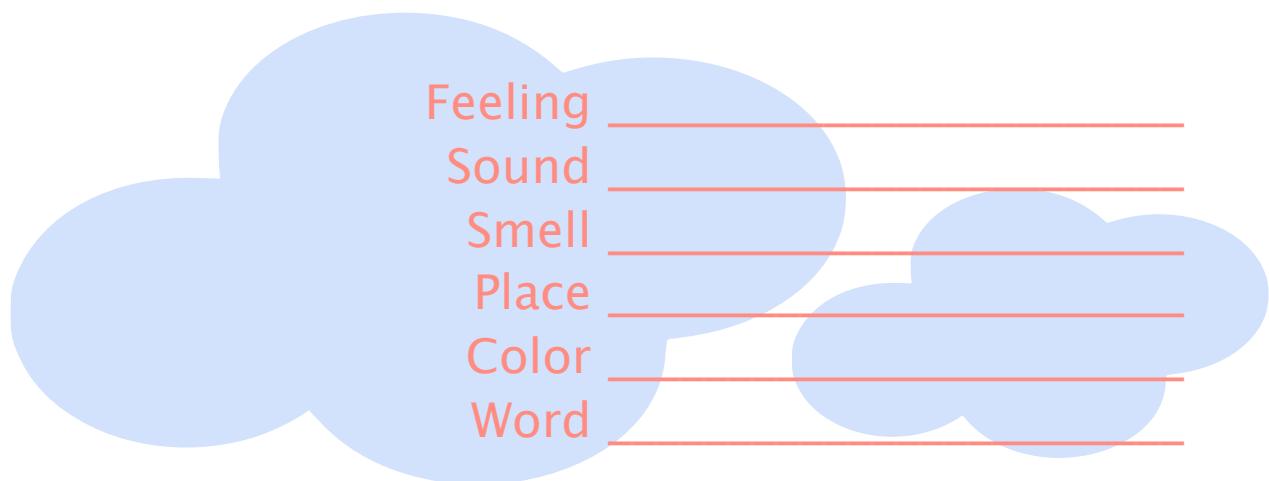
4. What 3 self-care practices do you want to develop in 2016?

5. Name 2-5 places you'd like to visit in 2016 and why?

Vision Quest Time:

If 2016 was a feeling, what would it feel like? If it was a sound what would it be? If it was a smell what would it smell like? If it were a place, where would it be? If it was a color, what color? And finally, if it was a word, what word would capture it?

Now close your eyes and imagine it. Visualize the year of your dreams then write it down.



Thank you for taking the time to do this! For me, life is all about connection. About sharing and forming relationships. About writing down your truths and looking within. About supporting those around you to do the same. So thank you, thank you, thank you!

- Heather