
Annual Review Ritual for the year



I Allocate a specific time for this ritual (either one longer session, or a few shorter, *diaried* bursts, whichever works better for you).



II Create a good space to support your reflection. Some ways to bring extra peace/sacredness might be to clean and tidy where you'll sit; to light a candle or incense; to use an aromatherapy oil; to sound a bell or cymbals; to speak your intention out loud (and/or prayer, chant, favourite quote); to meditate first; to think out loud with an empathic listener; to reflect while walking in nature.



III For each of the questions, please consider:

- what you'd like to celebrate/appreciate about it (feel/express the goodness in it)
- what was challenging and needs mourning (feel/express the sadness & let it go)
- what you'd like to note as your key learning from it



IV How can you celebrate your insights and your life story this year? Celebration (marking/enJOYing what's most enriching) is often a neglected need we carry. I'd also like to encourage you to find a way to share your most important insights. Who is a person or a group you could share the highlights of his review with?



Considering my work life:

- The projects/areas I worked on (first list the main ones; diary may help here)
- What tasks/areas I gave my time and attention (vs. plans, commitments, hopes)
- How I made work decisions (how I chose what to do)
- How I scheduled my time (when I worked, the length of work sessions vs. my energy levels, rhythms and other needs)
- My work related interactions and collaborations
- How I tracked progress (planning, following through and getting feedback)



My personal life and nourishment:

- The key relationships that were present in my life this year (list the main ones)
- The state of and my relationship to my health and wellbeing
- How my physical environment held or hindered me
- Where my spirit/meaning were particularly present or absent
- How I let my hair down and played
- Stewarding my financial resources (income, allocating money, saving money)
- My most important learning/insights/realisations
- What was new/surprising/a blessing, even if in disguise
- What were my highs (when I was most connected to love, beauty, wholeness)

