

NEW YEAR'S REFLECTIONS

EXERCISE 1

Write a letter for your future self. Pretend it's New Year's Eve 2021. The year is behind you. You're relaxing and reflecting on everything you've accomplished this year. You're celebrating. You're feeling immense gratitude for everything that came your way and everything you made happen. Write a letter to yourself as if you're in that moment. Seal it in an envelope that says "Your Name, to open 12/31/21" and put it someplace safe. Then open and read it on that date.

If you did it last year, open it and read that one. Have a nice chuckle because, 2020 just happened. And on December 31st, 2019, none of us had any clue as to what was coming.

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EXERCISE 2

2020 Did not bring joy

2021 Adjust

2020 Did bring joy

2021 More of