



Creating Space for Reflection: A New Year's Discovery.

*In reflecting we may be
looking at our past, but
it's really about our future.*

~ M. French

A YEAR FROM NOW
YOU WILL WISH YOU
HAD STARTED TODAY.

~ Karen Lamb

As we set aside another year,
let's take some time
to contemplate
and reflect on the journey
that brings us to this time and place.

Then, as we jump into the new year,
let's do so mindfully
in every corner of our lives.



How to use this booklet:

- Set aside some time for quiet reflection. It may be a space in your house where you are not interrupted. It may be a coffee shop where the distractions of your household duties are not calling out to you.
- Plan on reflecting on just a few questions at a time. No need to do them all at once. In fact, no need to do all of them. Period.
- Choose the best method of reflection for you. It may be journaling. It may be doodling. It may be simply taking a few notes.
- Of course, you will want to do the “Rear View Mirror” reflections first. They will enlighten your “Windshield Discoveries.”
- Share with a friend or Spiritual Director. You will gain new insights when sharing aloud.

This process helps us be mindful of our thoughts and intentions.
It is where we can think, process, remember and dream.

CREATING SPACE FOR REFLECTION

The Rearview Mirror



Photo by pan xiaozhen on Unsplash

Reflection helps us grieve. Whether grief is the result of a lost relationship, death of a pet or loved one, loss of a job or a dream unrealized, reflection gives us sacred space with our thoughts and emotions and brings us to a place where we can live side by side with our loss.

Reflection helps us learn. It may be more comfortable to breeze by those pesky mistakes and just forget they ever happened. But when we consider our mistakes, we can see where we need to make improvements and adjustments, which helps to avoid making the same mistake in the future.

Reflection helps us grow. We learn about ourselves as we see the full picture of our experiences. We see who we are in relation to others and we may wonder at our response to different situations. We grow spiritually and emotionally.

Reflection helps us deal with life. Where life can be overwhelming, reflection helps us manage things and can put things into perspective. It has a calming effect. Where life can get us down, reflecting on our blessings will remind us of the goodness and joy in our lives.

Reflection gives us ideas. I believe all ideas come from reflection. One idea leads to another and we can see possibilities blossom right before us. In addition, we can sort out the unhealthy ideas from the ones that bring us (and others) life.

Reflection makes us better family, friends and neighbors. As we ponder relationships, we are more likely to work at making them better. We may also start to recognize how we are impacted by others and how our words and actions impact the people around us.

Reflection inspires us. Each time we think back on something we did right, we get to celebrate and are reminded of what we do well; we gain confidence and are inspired to do more. Without reflection, it's too easy to forget these things.

What was the best thing that happened this past year?

What was the most challenging thing that happened?

What was an unexpected joy this past year?

Who were your most valuable relationships with?

Who was your most difficult relationship with?

Did you form any new relationships this year?

What was your biggest personal change this past year?

In what way(s) did you grow emotionally?

In what way(s) did you grow spiritually?

In what way(s) did you grow physically?

In what way(s) did you grow in your relationships with others?

What was the most enjoyable part of your work?

What was the most challenging part of your work?

What do you wish you would have done more of?

What do you wish you would have done less of?

Do you have any unfinished business?

What were the best books you read this year?

What is the kindest thing someone did for you?

What is the kindest thing you did for someone else?

How did you manage stress?

What was biggest thing you learned this past year?

Pick three words to describe this past year.

Create a phrase or statement that describes this past year for you.

CREATING SPACE FOR REFLECTION

Windshield Discoveries



Mindfulness takes place when we are intentionally aware of our feelings, thoughts, our body or our surroundings. It is accepting those things without judgement, it is finding joy and beauty in life.

In Mindful Living we take these same concepts to create a healthy and vibrant life in mind, body and spirit. We have the power within us to have a life well lived. As we jump into the new year, let's do so mindfully in every corner of our lives: physically, emotionally/spiritually, financially, and relationally.

When we are mindful in these areas we experience peace, we handle stressful situations with grace and we find joy and beauty in each day.

PHYSICALLY

What can you celebrate about your health; your body?

How will you celebrate?

Where is there need for improvement?

How will you make those improvements?

What are your first steps?

EMOTIONALLY/SPIRITUALLY

What are your best character traits?

How might they be deepened?

What do you want to learn?

What steps will you take to learn?

What do you want to understand?

What steps will you take to understand?

What does spirituality mean to you?

How will you nurture this?

What books do you want to read this year?

FINANCIALLY

Have your financial goals progressed this year? How?

If not, what needs to happen next?

In what ways would you like your financial situation to improve?

What steps will you take to make that happen?

In what ways do you share, help or inspire others in this area?

RELATIONALLY

Who makes up your family?

How will you nurture your family this year?

Who are you as a brother/sister, mother/father,
friend, lover, boss/co-worker, neighbor, citizen?

How might any or all of these relationships improve?

IN GENERAL

What are you passionate about?

What do you want to be remembered for?

What are your hopes and dreams for this coming year?

What are your goals?

THE HEART'S WAY HOME
Seattle, WA 98109

Missy French
heartswayhome@gmail.com
www.theheartswayhome.com
