

TAKE A

MINDFUL MOMENT

TO REFLECT ON THE YEAR THAT WAS

mindfulinmay.org




2014 MINDFUL REFLECTIONS

It can be so easy to let this time of the year whizz by without taking a moment to pause, reflect and acknowledge all that has happened. It's a powerful time to take a step back, create some space and check in with how the year unfolded and start to create a vision for what you'd like to see in 2015. Without a strong intention time can pass away too quickly and without clear direction.

So, take a mindful pause. Make yourself a cup of tea. Put on some calming, reflective music if you like and reflect on these questions...

What are three things you are **most proud of** from 2014?

1. 

2.

3.

What are three things that **challenged you the most** in 2014? And **what did you learn** from them?

1.

2.

3.

TAKE A

MINDFUL MOMENT

TO REFLECT ON THE YEAR THAT WAS

mindfulinmay.org



What are you **most grateful for** in 2014?

What did you **discover about yourself** in 2014?

2015

If there was one thing you could **accomplish** next year what would it be and **how would it make you feel?**

TAKE A

MINDFUL MOMENT

TO REFLECT ON THE YEAR THAT WAS

mindfulinmay.org



Imagine it's now December 2015. Set a timer for 15 minutes and free flow write about what happened during the year. Allow yourself to envision a year that fills you with a sense of fulfilment, appreciation, happiness and satisfaction - what did 2015 look like? What were three things you managed to accomplish? How did you spend your time? What did you do to get more support around what you desire most?

Allow yourself to imagine beyond what you think is possible. Be outrageous, be playful, allow the pen to just flow.



TAKE A

MINDFUL MOMENT

TO REFLECT ON THE YEAR THAT WAS

mindfulinmay.org



Choose **three words** that you would like to carry into 2015 to support you in creating your deepest vision for yourself.

1.

2.

3.



"Anything is one of a million paths. Therefore, you must always keep in mind that a path is only a path; if you feel that you should not follow it, you must not stay with it under any conditions... Your decision to keep on the path or leave it must be free of fear or ambition. I warn you. Look at every path closely and deliberately. Then ask yourself and yourself alone one question: Does this path have a heart?"

- Carlos Castaneda