

## YEAR-END SNAPSHOTS

PART VIII



Worksheet 6

**T**he close of the year invites deeper reflection. It is a time to look back and trace the arc of your growth. What was gained, what was lost, what has deepened within you? • Here you'll find two ways to review the year: a shorter **Snapshots** exercise and a more in-depth reflection, **This Year's Journey**. Snapshots capture the essence of your experiences—the people, moments, and discoveries that left a lasting imprint on your heart and spirit. You can complete your reflections in an hour or two. This option is ideal for those who prefer a single sitting.

*This Year's Journey* explores those same themes in greater depth, offering further insights into the year's events, challenges, and inner transformation. It is best done in a series of sessions during the final week of the year, or in the quiet early days of the new year. Either format can serve you well.

If you feel inspired, you might begin with Snapshots as a way to open the door and then move on to the deeper prompts. Each has its own gifts to offer. Together they trace the outer story of your year and the inner journey of your soul. You want to dedicate a period of time during which you will not be disturbed. Before starting, practice a technique that helps you calm the mind, elevate your consciousness, and open your heart.

- **Who were the people who made a profound impact on my life this year, and what gift or lesson did each bring?**

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- **Who stands out as the most influential person in my life this year, and why?**

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- **What personal accomplishments or breakthroughs brought me the most satisfaction?**

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● *What were the most meaningful challenges I faced this year, and how did I respond?*

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● *In what situations did I feel inwardly guided?*

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● *What gifts and blessings did this year bring?*

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● *What moments stand out as the most joyful or meaningful this year?*

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- *What did I learn this year about life, about others, and about myself?*

- *What am I most grateful for this year?*



*Write a message of gratitude to someone who touched you deeply this year.*