

THIS YEAR'S JOURNEY

PART VIII



Worksheet 7

NEW INFLUENCES: WHAT AND WHO ENTERED YOUR LIFE FOR THE FIRST TIME THIS YEAR?
Because we are creatures of habit and tend to stay within our comfort zones, we often overlook opportunities that invite growth. When new opportunities arise, they may be indications of the soul's desire for us to expand our experiences and horizons. Notice which of these new opportunities entered your life this year.

- What places did I visit for the first time, and what impact did each have on me?

- Who appeared in my life for the first time this year, and how did they influence my journey?

- What educational endeavors—including courses, conferences, and training programs—did I pursue for the first time this year? In what ways did they expand my horizons?

- *What new devices or applications did I acquire this year, and how have they helped me in daily life and work?*

- *What projects did I begin this year, and what were my initial goals?*

- *What groups did I join this year, virtually or in person? How have they benefited me, and what have I contributed to them?*

- *What books did I read and films did I watch this year, and what lasting impression did they leave with me?*

- **What creative activities did I initiate this year, and what challenges and satisfactions have they brought me?**

- **What new habits or disciplines did I initiate this year, and how have they progressed so far?**



P EOPLE AND RELATIONSHIPS

WHO STAYED, WHO LEFT, AND WHO REMAINS ON THE STAGE OF YOUR LIFE?

The story of our inner growth is often revealed most clearly through the lens of our relationships. Each person who steps onto the stage—whether for a moment or a lifetime—plays a role in the evolution of our consciousness and the unfolding of our journey. Because this theme touches so many layers of the heart, you may wish to dedicate a full sitting to it, giving yourself time to remember, to feel, and to understand the lessons each relationship has brought you.

- **Who were the most important people in my life this year, and in what ways did their presence touch me?**

- *Did any new relationships emerge this year—in my private or professional life—and how did they influence or enrich me?*

- *Did anyone who once played a smaller role in my life become more important this year? How has our relationship changed?*

- *Who were the people whose unexpected appearance made a memorable impact on me? What message or gift did they bring?*

- *Which of my relationships were beset by difficulties this year? Which have been resolved, and which are still seeking harmony?*

- *Who left my life this year—through distance, life changes, or their transition from this life—and how did their absence affect me, both practically and emotionally?*

- *Who were the heroes of this year—the people I most admire—and what acts of courage or integrity set them apart?*

- *What have I learned about myself this year through the dynamics of my relationships?*



- *In what ways did my physical health improve this year, and to what factors do I attribute the improvement?*

What physical, mental, and emotional health challenges did I experience this year, and how did I respond to each one?

- ***Were there any accidents, illnesses, or unexpected health setbacks this year? What did they reveal to me—physically, emotionally, or spiritually?***

- ***What forms of care did I undertake this year—therapies, treatments, or medicines—and how did they affect my health and wellbeing?***

- ***What are the most pressing health issues that require my attention in the coming year?***



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EXPERIENCES AND EVENTS

WHAT EVENTS STAND OUT, AND WHY WERE THEY SIGNIFICANT?

It can be challenging to remember an entire year's events. To jog your memory, you might want to refer to your digital calendar or another record, starting in January and moving forward month by month. After writing as many as you can recall, leave space for others that may emerge as you continue with other themes. When you are satisfied that you have captured most of them, highlight the five most significant ones and note why they were important.

January

February

March

April

May

June

July

August



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FFORTS AND ACCOMPLISHMENTS

WHAT VICTORIES DESERVE RECOGNITION THIS YEAR?

We tend to view ourselves in terms of our defects and mistakes. Yet when we recognize and celebrate our successes, we are encouraged to persist in our effort.

- ***What were my accomplishments this year, and in what ways have they contributed to my growth?***

- ***What recognitions, awards, or accolades did I receive?***

- ***What projects or personal goals did I complete this year, and which ones are still in progress?***

- ***In what ways did I express myself creatively this year?***

● *What harmful habits did I become more aware of this year?*

● *Did I choose one to begin working on? If so, what progress did I make?*

● *What positive habits have I been trying to establish, and how far have I come this year?*



SPIRITUAL PRACTICES AND PLACES

HOW DID I NOURISH MY SPIRITUAL LIFE DURING THE YEAR?

Our inner life deepens through both steadfast practice and divine grace. The outer forms of our devotion may evolve over time, yet their purpose remains the same: to attune heart and mind to the Divine Presence. As you reflect on this year, consider how your practices have matured, what inspiration they have brought, and how they have contributed to your understanding of your life's deeper purpose.

● What are my standard spiritual practices?

● Which practices were new for me this year?

● What was my favorite practice, and why?

● Which practices were most challenging, and why?

● Who were my trustworthy spiritual friends?

- *Which spiritually charged places did I visit, what were my experiences there, and how do they continue to influence me?*

- *What insights did these experiences bring about myself, my priorities, and the direction of my life?*

- *How would I like to enhance my inner life in the coming year?*



SELF-OFFERING AND SERVICE: SHARING YOUR BLESSINGS

Acts of service expand the heart and remind us we, too, are blessed when giving to others.



- *In what ways did I use my time, energy, money, or skills to support others this year?*

- *What did I learn about myself, my life, and others through these experiences?*

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CHOICES AND TURNING POINTS:
SIGNPOSTS TO THE FUTURE.
Although the future is unknown, there are hints along the way

- **What decisions did I make this year, and how are they continuing to influence the course of my life?**

- **What doors closed—or may be trying to close—this year, indicating the completion of a chapter?**

- **What doors to new horizons and opportunities have opened this year, and to what extent have I stepped through them?**



HIGHS AND LOWS: WHEN WE LOOK BACK FROM THE FUTURE,
WHAT WILL STAND OUT ABOUT THIS YEAR?
*Some experiences pass us by, others we enjoy in the moment, and still
others become part of who we are.*

- What were the year's happiest moments, and which one stands out above all?

- What gifts did it bring me, and in what ways was I transformed?

- What were the low points of the year, and what did I learn from them?

- Which one represents the most important course correction?



LESSONS AND SELF-DISCOVERY: THIS YEAR IN A NUTSHELL
Now that the year's harvest has been gathered, what are its most precious fruits?

- **What were the most important lessons I learned this year?**

- **What are the three most important things in my life right now?**

- **What was the most important thing I discovered about myself this year?**



G **GRATITUDE: GIVING THANKS FOR THE GIFTS OF THE YEAR**
*As this year comes to its close, take a few moments to rest in stillness.
Review what you have written, and let your heart be filled with gratitude for all that has been given to you.*

- **Who are the people I am most grateful for this year, and in what specific ways did their presence enrich my life?**

- **What other gifts has this year brought me?**

- **In what ways can I express my gratitude?**



- *Send a message or personally express gratitude to at least one person who has enriched your life this year.*
- *Be the channel for a gift to someone in need.*

THE STORY OF YOUR YEAR AWAITS ITS TITLE



You have reached the year's end
and glimpsed its meaning within
the larger arc of your journey toward Self-realization.

The joys and the trials. The challenges and the victories.
The gifts and the blessings.

If this year were a book, what title would express its essence?

Let a few possibilities emerge. Then listen inwardly
and choose the one that feels most true.

Possible titles for my year's journey

- _____
- _____
- _____
- _____
- _____
- _____

THE FINAL TITLE THAT BEST CAPTURES ITS ESSENCE
