NEW YEAR REFLECTION

Leaving behind the old year

How has the last year been overall?

What were the highlights? List some of the ‘best of’ from the past year?

What am I most grateful for?

What were some of the challenges? What did I learn?

How am I closer to God now than I was a year ago?

_Forgetting what is behind and straining toward what is ahead, I press towards the goal to win the prize for which God has called me heavenward in Christ Jesus._ Philippians 3: 13-14

Dr. Catherine Hart Weber

www.howtoflourish.com
Looking ahead to the New Year

I know the plans I have for you. To give you a future full of hope.
Jeremiah 29:11-14

Where am I on my life journey now?    How am I doing?

What am I carrying, burdened and struggling with, that I need to deal with, forget about, let go and leave behind as I move forward into the New Year?
A ‘soul de-hoarding intervention’ - Surrender to the Grace of Jesus
Fear, shame, failure, habits, sins, relationship, hurt, addiction, bitterness

What isn’t working?    What would I like to change?

What would I like to strengthen?
What do I long for? What are the desires of my heart?

What is my vision for the New Year? What do I sense the Lord calling me to?

What is the ‘theme’ ‘word’ ‘verse’ for the New Year?

Is there something in my life in which “the fullness of time has come” for a change, something to begin in my life? Gal 4:4-7

  Ask God to reveal the changes, new beginnings

The time has come for …

Ask God for guidance to make the right choices
Ask God for the strength to carry them through

Who do I desire ‘To Be’?
Be attentive to what I’m being prepared ‘to be’ - at home in my ‘true self’

What do I desire ‘To Do’?
What energizes me, gives me joy, fulfillment, happiness?
What causes me to ‘flourish’?

What 5 things would I like to accomplish over the next 12 months?
INTENTIONAL LIVING TO FLOURISH
What I want. What I am doing to make it happen

RELATIONSHIP CONNECTIONS
Spouse/ Significant other

Children

Family

Friends

WORK

FINANCES
Short term

Long term

HEALTH
Physical

Emotional / Mental

SPIRITUALITY
Connection with God

Meaning, Purpose, Calling

PASSIONS INTERESTS
What are at least 3 new habits I want to form?

Are there promises of God I sense to affirm my calling and goals?

Who will be my companions along the journey?  