



## Bidding Farewell to 2021



*“In the process of letting go,  
you will lose many things from the past,  
but you will find yourself.”*



*~ Deepak Chopra*

What is one of my best memories from 2021? Who was there? What did it involve? What made it so memorable?

What are the goals (big or little) I accomplished in 2021? Both personally and professionally.

What I learned most from this year is.....

What did 2021 teach me about myself? How have I grown? How have I changed?

What am I most proud of from the past year?

What am I most grateful for from the past year?

I made a difference in the following way (or on the following person/people) this year for this reason.



What I found most challenging in 2021 was.....

How did I cope with stress? What can I do differently to manage my stress?

Who came into my life that supported me moving ahead?

Who got in my way? Is there something I need to do about that? Note: the answer may be in the next question.

What boundary issues do I see in my relationships with others? Be honest and open here.

In what ways will I take better care of myself in 2022?

What do I need to practice doing more of? Note: No 'shoulds' here – this is based on what worked well for you and what you would enjoy doing more of.

What do I need to practice doing less of? Note: No guilt – this is just positive changes that would best support you to live your best life.



## SET YOUR INTENTIONS FOR 2022

Review each area and highlight some of the discoveries. What are your takeaways from the above? What are the 'wins' of 2021 that you want to hold on to. What do you want more of? Or it could also be 'red flags' that you might want to work on or improve on. What do you want to let go of?

What words describe how I want to FEEL in 2022?

The areas of my life I most want to focus on in 2022 are.....

In 2022, what do you want to intentionally make time for?

Who do you want to intentionally make time for?

The one promise I make to myself for the year ahead is.....

One action I can take right now to help me move forward positively into 2022 is....

**Is there a common theme here? A word that floats to mind for you?**

**YOUR THEME FOR 2022 IS** \_\_\_\_\_