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# New Year's Eve Ritual 2021

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Each year, it's important to take time to reflect and take time to integrate the lessons that you've learned throughout the course of the last 12 months.

Release what needs to be released. Learn what needs to be learned. Facilitate growth. Set intentions for the upcoming year.

I've been doing this process for many years and I can tell you it's powerful and a wonderful way to spend your New Year's Eve. It's fun to look back at what you've written in previous years, and I can tell you from experience that if you're still learning the same lesson, it's a real kick in the pants to learn it and move on!

To prepare, set aside one hour of quiet time and print out this guide. Get yourself comfortable, pour a relaxing drink, grab a pen or pencil and if you want to make it extra special, light a candle or diffuse some essential oils. Bring your calendar with you so you can review the last year.

Ok, are you ready...? Here's the process:

## New Year's Eve Ritual: The Review

What are 25 wins that you had in 2021? Include both personal and professional wins and be sure to look back through your calendar at what you did this year. You'll be surprised by some of the things you accomplished and forgot.

If you're getting stuck, use these categories as a guide: intimate relationships, parenting, education and learning, physical self-care and health, family of origin (fancy psychology talk for the family you grew up in), spirituality, community life and citizenship, hobbies and travel, work and career. 25 is the minimum, but feel free to choose more!

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**Affirmation:** I am proud of my accomplishments this year and I direct compassion toward myself for the challenges that I faced and the struggles I experienced.

What specifically do you plan to stop doing in 2022 and why?

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**Affirmation:** I let go of everything that does not serve me and I welcome in experiences that enrich my life mentally, physically, emotionally and spiritually.

**New Year’s Eve Ritual: The Intention**

If you could fast-forward to the end of 2022, what will your 25 wins be? You can choose 1-3 in each category: intimate relationships, parenting, education and learning, physical self-care and health, family of origin, spirituality, community life and citizenship, hobbies and travel, work and career. Skip any categories that don’t apply to you and pick more than 25 if you like.

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Decide on a single word that will be your guiding principle for 2022.

For example, if you want to deepen your relationships, perhaps you might choose, “connection.” If you want to release your worries and fears, you might choose, “peace.” If you want to simplify your life, you might choose, “simplicity.”

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Create a question to guide yourself to stay on track in 2022.

For example, If you chose connection as your guiding principle, your question might be “How can I deepen my connections today?” If you chose peace, you could have your question be “How can I recognize that all is well?” If you chose simplicity as your guiding principle, you might make your question: “How can I make this simple?”

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**Affirmation:** I pledge to do the best that I can to live by my guiding principle in 2022. I will give myself grace, take responsibility for my actions and attempt to spread joy and love to all that I encounter.