



The beginning of a new year is dawning on the horizon, and I love to apply intentionality to the transition from one year to the next. To me it is a true gift getting a whole new year to explore, dream and enjoy. I have found that it only gets better by spending a little time looking back and reflecting on the year that is ending, before I look forward. Let's reflect and dream together.

So grab a warm drink and a pen, and light a candle or take this to the beach if you live somewhere warm. Lets start.

# *Looking Back at the year that is ending*

Spend a little time jotting down the big lines of what happened this year. A year is a long time, so try to bring it to the front of your memory. Travel, relationships, graduation, moving, losses, work, mental work etc:

What were your favorite moments, and why were they special?

Name 3 things that were particularly life-giving? What about them filled you up?

1)

2)

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3)

Did you discover something new about yourself this year? What was it and how did it change you or your perspective?

No year is perfect - we are all flawed humans living side by side on this planet and it can be challenging at times. That being said, even the hard things are worth looking into, because otherwise, how can we learn or avoid getting into the same trouble again.

Remember, God has lots of grace for us, and we need to have grace with ourselves too.

What was particularly life-draining for you this year? Activities, busyness, conflicts, health issues, boundaries etc?

Anyone you need to forgive or ask for forgiveness? What can help you move forward? Sometimes simply getting it out on paper and prayer can help. Other times, action is needed or some steps toward letting go. Spend a little time in prayer to seek guidance from the best counselor, and write down what comes up:

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What did fear hold you back from this year, and why?

# *Looking into the year that is beginning*

A new year, I think that is exciting and I'm excited for you.

After reflecting back, you now have a pretty clear idea of what really worked last year. So look at the those life-giving themes and overall principles and jot down, what they are and how you can implement some of them into this new year?

I recommend you pray and ask God to guide you in this, he knows you better than you know yourself. Lean into that. Ask Him what he sees for you in this new year? What does He want you to focus on?

I like to pray about a word for the year, a word that He wants me to bring with me, something to be encouraged by, comforted by or inspired by. It can be a way for Him to help you navigate through ups and downs, and always focus back on Him.

## Word of the year:

We don't just live for ourselves. Our communities, families, coworkers, etc are huge parts of our lives. Is there a specific person that God prompts you to pay extra attention to this next year? A relationship that might require more than you get back?

## Who and how?

In our culture, loneliness is becoming an increasing challenge for many. We need to remember to lean on each other, prioritize time together, and dare to share when we are struggling. It can be really hard for some people and less so for others, but in any case, being intentional in our relationships will most likely be a gift in our lives and our friends' lives.

List 3 friends you want to make sure you invest in this coming year:

- 1)
- 2)
- 3)

God has created us all very different, with different gifts and abilities. The world becomes more beautiful, vibrant and alive when we use these. How can you bring yours into play this next year?

We all need energy to deal with life, and I like to have some activities listed that I know will re-fill my mental capacity. Of course they can differ from season to season, but the common denominator will be to look for activities that are fairly easy to do, activities that don't require a lot of planning. It often costs nothing or very little.

List 4 activities that help you refill your cup:

<p>1)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>2)</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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3)

Morten and I like to define one or two Must-Win-Battles for the new year. It could be something concerning parenting, marriage, health, the way we spend our time, or even prioritizing money for a family trip that year. We only choose one, maybe two, to keep it realistic. It will be something we really want to change, accomplish, get a handle on, or remind ourselves of often.

List your Must-Win-Battle (or 2);

Anything else you want to get down on paper?, now is the time.

I really hope these pages and questions have helped you reflect back, learn, forgive and make some intentional choices regarding the upcoming year. I hope it will help you get excited about it and enter into it with your head held high.

I want to leave you with a beautiful and comforting bible verse. God was with you in the year that is ending and He will be with you in the year that is beginning.

Psalm 139, 1-3  
You have searched me, Lord,  
and you know me.  
You know when I sit and when I rise;  
you perceive my thoughts from afar.  
You discern my going out and my lying down;  
you are familiar with all my ways.

Happy New Year !  
hugs Maria