



WILD CORNERS

YEAR IN
REVIEW

FOR A BLISSFUL YEAR



YEAR-END REFLECTIONS TO MAKE THIS YEAR BLISSFUL

Hi, I'm Whitney, an intuition and creativity coach with a goal to keep growing in the direction of my own personal bliss. I put together this guide so we can all get the most out what we experienced last year, to leave the worst behind, and bring the best with us into this year.

My intention is that you'll finish with:

- specifics to reflect on for how you've grown in the last year
- clarity on where your own power is, and what worked for you last year
- a plan of how to do more of what lights you up, starting now!

Grab a cup of tea, a snack, a pen, and print this out or write your reflections in your journal.

Here's to more bliss this year!

-Whitney



START WITH WHAT YOU'VE EXPERIENCED

Make a list of things you would love to say "no" to. Things you don't want to do again, feelings you don't want to feel again.

What's something that you want to forgive yourself for?

What's a lesson you learned last year?

Write down something you're proud of yourself for.

TIP:

Try being honest about your reasons, without lying or hurting someone's feelings. When in doubt, "Thank you."

You can't control what other people do, but you can control how you react. Meditation has transformed the way I interact with family, friends, and even strangers in the store.

THEN, WHAT YOU WANT TO EXPERIENCE

Make a list of things you'd love to say "yes" to. More yoga?
Gardening? More alone-time? Less alone-time?
What's a fear you want to conquer this year?
What's one creative thing you want to try this year?
What makes you feel confident, even just for that moment?
What do you want more of in life, that you can start working on
now?



TIP:

Think of what you've always wanted to try &
commit to move toward it.



BECOME WHO YOU WANT TO BE

From all the things you've written down, make a plan to do more of what you love, and leave the rest behind. Remember not to be hard on yourself for pitfalls or mistakes you made last year: they've shown you what's important and how to move closer to your truest self.

Set goals however feels right to you. Some people are better with strict schedules, while some of us like to have a little more wiggle room in our days. Ultimately, do what feels like good, not what overwhelms you.

The goal is to create space for what makes you happy, creative, powerful. Try putting exercise classes in your calendar, set meditation reminders, or throw a sticky note on your door to text that friend this week.

Some people like a word of the year to guide them, or a mantra. I say, try it all! It's not a big deal if you try an app or a class or a ritual, then decide it's not for you. Come at this with a sense of play and exploration, and you'll wend your way to what's right.

My plan for the best year yet:

