

REFLECTION & VISIONING WORKBOOK



This document is based off my experiences and is compiled from different traditions I have learned about and experienced over the years. It is inspired and adapted from Winter Solstice Reflection 2017 by Christopher Kuntzch and Jon Young's 8 Shields of Cultural Mentoring, Renewal of Creative Path!

OVERVIEW:

This document is a collection of questions crafted to help you guide your annual (solstice) reflection and intention setting. Create a special time to sit in reflection and journal around the questions included. Feel free to choose and answer the questions that are the most meaningful to YOU. It's important to create sacred space for yourself where you can listen deeply to the callings in your heart.

If you don't have time for the whole process, you can contemplate the following three questions:

1. What have been the most significant moments, milestones, or themes of the last year? What impact did they have on you and how are they influencing your future?
2. What successes can you celebrate? What needs to be released or composted? Anything or anyone need to be forgiven? What lessons can you integrate from this past year?
3. What intentional seeds is your heart asking you to plant? What steps can you take to move yourself, your family, your community, your business, your world forward in the direction of your visions or goals?

PART 1: REVISITING THE PATTERNS IN YOUR LIFE:

PERSONAL MILESTONES:

- Throughout your life, what major turning points, “aha” moments or milestones have brought you to a deeper understanding of who you are, your gifts, and your purpose?
- Which experiences have been most impactful in shaping who you are today?

SYNCHRONICITY, NATURE CONNECTION, & THE SACRED:

- When did you experienced intuition or synchronicity in your life? What was significant about these times? How did you feel?
- What dreams or guidance have come to you or have been recurring throughout your life? What do they mean to you?
- Is there an element of nature (including animals) that you feel connected to? What have these connections taught you?
- What does Spirituality and/or The Sacred mean to you and how do you engage with it in your life?

YOUR GIFTS:

- What gifts/talents do you have that you **most resonate with**?
- What gifts/talents have *others* told you that you have?
- What has been **easy** about connecting to these gifts and what has been **challenging**?
- How have you worked to cultivate your gifts throughout your life? What has gotten in the way of this connection or cultivation?

OBSTACLES & CHALLENGES:

- Have there been patterns around obstacles or challenges that you have faced? (re-occurring lessons, themes, etc.) These could be within you (beliefs, mental models, etc.) or behaviors, habits, traumas or hurts that impacted your experiences.

PART 2: HONORING THE (RECENT) PAST

PAST INTENTIONS:

- Did you set any intentions for yourself in the past few years that you can celebrate the success of?
Did you set any intentions that were not complete? If yes, why were they not complete?

MOVEMENT TOWARDS YOUR INTENTIONS:

- How have you moved towards your goals, dreams and/or vision(s) in the recent past?
- What particular accomplishments or learnings can you celebrate?
- What about moving toward your intentions and/or goals have been easy?
- What has been challenging?
- What obstacles have you encountered? What has worked to move you through challenges when you encountered them? What has this taught you?

HONORING MOVEMENT:

- Recently, what or who are you grateful for?
- What or who has been supportive and nurturing to you?
- What have been some magical moments? What synchronicities can you remember? What were the circumstances? How did those feel? How are you carrying these now?
- When have you felt the most connected –be it to the earth, to yourself, to others, or to your goals/dreams/vision?
- What experiences over the last few years stand out to you as significant? What did they teach you; what have you learned?

HONORING THE BIGGER PICTURE & COMMUNITY:

- How have you been moved by local, national, or global events recently?
- How have collective movements influenced your life, your purpose or your life path?
- Is there anything rising within you or around these happenings? (or being called forth)
- Who has been influential to you as of late? What gifts do they bring into your life? What did you learn from them? How will you honor these gifts?

RELEASE WHAT IS NOT SERVING

- Are you carrying judgments about your experiences? What are they? Are these judgements serving you?
- Is there anything you can let go of, compost, or forgive? (in you, in your life, with others, etc... these could be material things, relationships, things others did, patterns of thought or behaviors, judgments, etc...)
- If you do not feel ready to let go, but don't want to, how can you arrive at readiness? What do you need to do and what support do you need?

PART 3: VISION FORWARD; *Intention is consciousness with a vision*



*For this part, I suggest a 5-10 minute grounding exercise and vision meditation before starting.

CLARIFYING YOUR VISION

- What dreams, goals or visions are you holding within you?
- What do you want to create more of in your life?
- How are your gifts being called forth to your community and the world?
- What do you need to step more powerfully into yourself and your gifts?
- How do you wish to be of service now with your friends, family, community and in the world?
- What can you embody in yourself, trust more, own and claim for yourself?

*Life Wheels, Creative Scenes or Vision Boards can be optional home fun exercises.

PART 4: SHARING YOUR JOURNEY WITH OTHERS:

Sharing your story with others is a powerful experience in claiming. To do this, create a sacred space where your reflections can be heard and honored. This is a time you can celebrate or create space to let go of or release anything needed. Create a safe space for yourself with someone you trust. Understand that this might still feel edgy and scary, even with loved ones. It's ok to feel vulnerable and share authentically if you are in a safe space.

Share what feels the most powerful. This helps you embody this work and set your intentional seeds of what you want grow in the coming months/years.

Upon completion, find a way to celebrate your process. Whatever that means for you. Dance. Fire. Sing. Create artwork.... it all helps ground and integrate this intentional, thoughtful and creative process.