

Summary End of Year 2022

The intention is to look over the year passed, to collect its **gifts**, its teachings, its victories... and to prepare for the upcoming year.

Each circumstance can be considered under a positive outlook.

The objective is **celebration** and **gratitude**.

Speaking about this summary to other people is very constructive.

The lines where to write are in a manuscript style font.

Title or a few words resuming the year:

Teachings and accomplishments, remarkable facts, 1st times:

Spirituality, progress, experiments, news, understandings:

Relationships, family, friendships, love, encounters:

Physical, health, hygiene of life, nutrition, addiction, sleep, sport...:

Work, studies:

Accommodation, moving in, decoration, acquisition, sorting out, finances:

Holidays , traveling, hobbies, creativity, art, culture (books, movies, shows, expositions...):
Goals , more or less accomplished. Compare with the summary from last year:

The gems, themes of **gratitude**, of **trust** and **joy**:

Year upcoming: **2023**

A few questions:

- What do I wish to improve?
- Who will I become closer to? Who will I take care of?
- What do I want to accomplish?
- How will I have fun? Improve my knowledge? Take care of myself?
- What will I put in place for my fulfilment, my spiritual path?
- What will contribute to my happiness?

Go through the different items to clearly **clarify** the **projects, goals**...:

- ❖ What?
- ❖ What?
- ❖ What?