**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.

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| **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?