

New year's eve Process

Our intention is to create a nurturing environment where each of us can consider the last year and set intentions for the next year. Here are some perspectives to consider as you do your pre – get together reflection.

To maintain wellness, there are some important points:

- Spiritual wellness means attention to those things in life that bring you meaning and purpose
- .Intellectual wellness means continued learning and growth and facing new challenges.
- Emotional wellness means managing your stress, accepting some limitations and being able to express your feeling to others.
- Social wellness involves family relationships, enjoying friends and family, interacting with others in a close and meaningful way.
- Physical wellness means achieving good nutrition, continuing exercise as you can and practicing positive lifestyle habits.
- So when thinking about your intentions for the next year, ponder which activities to choose to do and which to let go in considering you overall wellness.

Some questions to ponder with journaling, talking to others or silent meditation:

- What did I learn? Wisdom, awareness, skills?
- What did I accomplish? Successes?
- What would I have done differently? Regrets? Places to ask forgiveness?
- What did I complete or let go? What still feels incomplete to me?
- What were the 3 most significant events of the year?
- What do I feel really good about having done? What did I contribute?
- What was the most fun? What wasn't any fun and why?
- How am I different this year from last?
- For what am I particularly grateful?
- What surprised me over the last year?
- What were my losses and grief?

Next consider your intentions for the next year and I would encourage you to write these down (believing that writing down intentions make them SO much more powerful). The more specific you are, the more likely they will happen.

-Family

-Home environment

-Learning

-Love

-Friendships

- Physical health, diet

- Work, world contributions

-Contemplative time

-Travel or adventure

Spiritual Life

Emotions

Activities

Time

Habits

Finances

Leisure