



New Year's Reflection + Dharma Alignment Exercise

Dharma work requires what I call BIG LISTENING. This is your capacity to ask yourself and listen for the answers to the following questions from deep inside yourself. I encourage you to answer these questions not just from your head, but from your whole body. BIG LISTENING requires a relaxed state of mind, receptivity, and a willingness to examine the contents of yourself fully.

To begin, pause, soften and breathe. As you exhale, get heavier and feel the earth beneath you. As you inhale, bring the energy from the earth up through the central channel of your body. Use your breath to clarify this channel so that you can get clear on where you are and where you are headed.

In this exercise, you will reflect deeply at what has made you come alive this past year and what is making you come alive now. In order to clearly see your path ahead, you first have to own your growth, changes, challenges and successes of the past twelve months. So, please grab a pen and we'll begin.

REFLECT ON 2019. Here are the questions:

What made you come alive in 2019?

What did you **love doing** and **learning**?

What did you **embrace**?

What were the **high points** of the year?

What were your **challenges**?

What did you **let go of**?

What did you **grab on to**?

What **changed** for you?

What did you **discover**?

What were you most **grateful for**?

What were you most **afraid of**?

What did you do that was **courageous**?

What **surprised** you?

What will you **remember** most about this year?

What did you make come alive in 2019? Name at least 5 ACCOMPLISHMENTS of 2019.

- 1.
- 2.
- 3.
- 4.
- 5.

What **skills** made these accomplishments possible?

How did you **celebrate** or **acknowledge** your accomplishments? If you didn't do this, jot down a time and way you can own these accomplishments in the near future.

What was hard for you in 2019? Name 3 CHALLENGES you experienced.

- 1.
- 2.
- 3.

How did you **handle** these challenges?

What **skills, tools** or **people** helped you navigate these challenges?

What did you learn this year? Name 3 LESSONS from 2019.

- 1.
- 2.
- 3.

What were the GIFTS of 2019? Name 3 GIFTS.

- 1.
- 2.
- 3.

In what ways have you grown, become stronger, and evolved this year?

Is there anything else you want to remember or remark upon about 2019?

CLARIFY FOR 2020. Get clear on where you are and where you want to be.

As I said before, dharma is dynamic. There was something that was stirring in you on the first of January last year, and now, a year later, there is probably something different that is stirring in you. You still feel like yourself, but you are evolving and this year is going to be different. So, take a moment and feel what is stirring in you now. Close your eyes. Pause, soften and breathe. Notice what is coming forth. Then, answer these questions:

What is **making you come alive** at this time?

What are you **curious** about?

What do you **desire**?

Who are you **becoming** in this next phase of your life? Who do you **want to become**?

What does this **becoming feel** like? Is there a **word** that fits how you want to **feel** on the inside and outside this year? Drop this word into your mind-body awareness and embody this quality or value. Make it **operative** in your mind and physiology. **Write this word down.**

What are your unique **gifts, talents and strengths**?

How do your gifts and talents **intersect with the Times**? Where are your gifts and talents needed, valued, or appreciated right now?

What are your **challenges**?

What are you **afraid** of?

What **skills and abilities** will you need to work with your challenges and to activate your purpose and passion?

What are some of the **big or little things** you wish for in the New Year?

What will it take to **achieve** this or to make these happen?

What should you **give up** in the New Year to make your life more harmonious and vital?

Where are you in **in balance**? (Or, what is going well that you wish to keep?)

Where are you **out of balance**? (Or, what do you need to look examine and change?)

What do you want to say "**No**" to this year?

What do you want to say "**Yes**" to this year?

2020 ACTION PLAN.

Examine your dharma with regards to the following areas:

BE A LIFELONG LEARNER. Name something you want to study, investigate or learn in 2020..

AWAKEN YOUR CREATIVITY + IMAGINATION. Name one or two ways you want to be more creative in 2020.

GET HEALTHIER.. Name a few ways you want to up-level your physical health this year.

BE YOUR OWN BEST CARE-GIVER. List some ways you can nurture yourself better this year.

HONOR YOUR CORE RELATIONSHIPS. Name a few ways you can upgrade your relationships with those who are most important to you.

ENGAGE IN YOUR COMMUNITY. Is there a way in which you want to engage more deeply with your community.

NURTURE YOUR HOME ENVIRONMENT. List some ways in which you can nurture or up-level your home environment so that it is a place that supports your well-being and evolution.

BE A TIME WARRIOR. Name 3 ways you can use your time more wisely to achieve your goals this year?

- 1.
- 2.
- 3.

TAKE RISKS. You'll only evolve if you take risks. Name 3 things you can this year do that may be uncomfortable but will be beneficial catalysts for your growth and development.

- 1.
- 2.
- 3.

LOVE NATURE. List 3 ways in which you can more deeply enjoy and align to the natural world.

- 1.
- 2.
- 3.

BE SOULFUL. List 3 ways you can enjoy connecting to Spirit/Source, that part of you that contains the whole universe and influences and informs every arena of your life.

- 1.
- 2.
- 3.

NAME YOUR CHEER LEADERS. Name 3 people who you can count on to support your growth and evolution. Share these responses with them and actively ask for their support!

- 1.
- 2.
- 3.

BE ACCOUNTABLE. How will you be accountable for making these changes happen this year? What habits will you cultivate to make your dreams come true?

- 1.
- 2.
- 3.

Envision this! Close your eyes and consciously drop these intentions into your body-mind. In one year's time, where do you want to see yourself? What do you want to be operative?

This time next year, I will **feel**...

This time next year, I will **know** ...

This time next year, I will **have done** ..

This time next year, I **will be...**