



new year
reflection guide

NAVIGATING A NEW YEAR
AFTER LOSS

from the year

HOW YOU ARE FEELING?

WHAT FEELS HARD?

WHAT IS BRINGING YOU JOY?

WHAT DO YOU WANT TO LEAVE IN 2020?

WHAT DO YOU WANT TO BRING WITH YOU IN 2021?

HOW HAVE YOU CHANGED THIS YEAR?

WHAT WAYS DO YOU WANT TO CHANGE IN THE COMING YEAR?

WHAT MEMORIES WILL YOU CARRY WITH YOU FROM 2020?

from the holidays

WHAT DO YOU WANT TO REMEMBER ABOUT THE HOLIDAY SEASON?

DID YOU HAVE A FAVORITE MEMORY FROM THE HOLIDAYS?

WHAT WOULD YOU DO DIFFERENTLY NEXT YEAR?

WHAT TRADITIONS DO YOU WANT TO CONTINUE?

