

# CLOSURE + CLARITY

A reconciliation and visioning workshop

"We find ourselves collectively at the precipice of a new beginning. This calendar year has been a strange and harrowing time in our collective history for various reasons, and yet bidding it goodbye seems to deserve ample space for reflection in order to reconcile the many ways we were challenged, and the corresponding ways that we individually and collectively triumphed. To be clear, small triumphs are still triumphs, and should be celebrated with pride.

At the same time, imagining the year ahead of us feels profoundly uncertain. So, how are we supposed to begin thinking and feeling our way toward what we desire for ourselves when the past year still floats above us like a cloud? Friends, we will do so with hope and trust, and though 'concreteness' may evade us still, our hearts continue beat the rhythm of our longings. Let's rest and seek clarity there, and awaken to the seeds we are asked to plant.

With that said, let us begin."



## CREATE YOUR CONTAINER

Begin by setting the scene so you're able reflect on the past, and vision forward to the future. These are only suggestions though. Apply what works, Discard the rest.

- 1) Identify possible distractions and minimize them,
- 2) Ensure your space is your version of cozy,
- 3) Have writing implements available to capture your thoughts. The provided document maybe serve this purpose, or you can have your own personal journal at the ready.
- 4) (Optional) Open your body with a few gentle restorative stretches to oxygenate your blood and shift any stuck or stagnant energy sitting in your body. Breathe deeply as you do this.



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## 2020 YEAR IN REVIEW

**1) What did you *think* 2020 would bring?** Include plans that were made, and expectations you had for how the year would unfold.

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**2) Which of these anticipations did not go according to plan?** Also, include any unexpected losses or disappointments.

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**3) Event in the midst of this year's challenges, how did you triumph?** Include all personal wins or successes. Even the tiniest ones.

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**FIRE OF TRANSFORMATION:** Close your eyes and see a fire before you. Now see yourself offering up your sorrows, disappointments, stressors, and frustrations to the fire like kindling. Watch them burn away. Watch the fire burn hot, and then slowly smolder into embers. Watch the embers turn to ash. Watch the ash turn to fresh soil for new life to take root.



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## 2021 VISIONING FORWARD

**4) How do you want to feel in the coming year?** Include 3-5 emotion and energetic qualities you most desire (e.g., joy, freedom, stability, healing, etc).

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**PLANTING SEEDS OF DESIRE:** Close your eyes again, and see yourself. Imagine yourself walking through your life embodying the feelings, emotions, and qualities you named above. How do you move? How do you speak? How do others respond to you and your presence? Feel into all of this for a few breaths. Now, hold those qualities inside you, and answer this final question.

**5) What outcomes do you hope to reach in 2021 (or be on the path toward)?**

Write down at least one concrete goal (per domain) that aligns with your desired feelings identified above.

a. Home & Family: \_\_\_\_\_

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b. Emotional & Mental Wellbeing: \_\_\_\_\_

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c. Job, Career & Finances: \_\_\_\_\_

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## 2021 VISIONING FORWARD

d. Love, Romance & Partnership: \_\_\_\_\_

\_\_\_\_\_

e. Friendships & Community: \_\_\_\_\_

\_\_\_\_\_

f. Spirituality, Faith & Connection to Source: \_\_\_\_\_

\_\_\_\_\_

g. Leisure, Play & Creativity: \_\_\_\_\_

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**REVISITING YOUR GARDEN:** This is certainly not the end of your journey here. Come back frequently to check on your stepwise goals to see how far you've come. Revisit your desired energetic and emotional qualities and determine if you've stayed the path or veered off course. Continue to return again and again as needed. Recommit to established goals or make new ones. Know that everything is malleable as you shift, evolve and grow throughout the coming year.

