

TURN OF THE DECADE REFLECTION

{Welcome, find some space for you, make a hot beverage, grab your journal and favorite pen,
let your mind wander and enjoy this time of reflecting.

If you'd like further support feel free to contact me at: Nancy@Centered.ca}

What have you discovered about yourself over the past decade?

What decisions did you make around 10 years ago that changed the course of your life significantly?

Take a page to create a mind map of the past 10 years.... Include the highlights and lowlights, the wins and the losses, the important moments and anything else that feels like it should be recorded.

What was the gift of the past decade?



When you think of 2019, what was the biggest challenge?

What 3 accomplishments are you most proud of from the last year?

What in your life needs closure from 2019?

What are 3 unhelpful beliefs about yourself you are ready to let go of?

Centered Life Coaching

I help people who feel stuck and frustrated living without their why, get connected to their inner knowing, eliminate self doubt and live an inspired life, deeply at peace.

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What are you looking forward to in 2020?

What are you apprehensive about?

What part of yourself do you yearn to nurture in 2020?

What are 3 skills you'd like to learn or improve in 2020?

How could you bring more love into your life this year?

What would you like to create this year?

What would you like to release your attachment to this year?

2020 will be the year I finally...

By this time next year I will know...

The word I will live into in 2020 is...

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