

REFLECT & ENVISION 2018 - 2019



AN ALLIE ILLUMINATES WORKBOOK

“AND NOW LET US WELCOME THE NEW YEAR,
FULL OF THINGS THAT HAVE NEVER BEEN.”

--Rainier Maria Rilke

Every year, in the week between Christmas and New Years, I love to carve out some time to remember what shaped the past year and set my intention for the following.

The ritual of looking back, of naming what has happened and feeling the weight of its impact, has brought me freedom. And starting a new season with intentionality shapes my coming months in ways that surprise me every year.

I don't know what 2018 was like for you. If you are longing to escape a year that left you battered and bruised, or if you're ending it with a sense of deep gladness. And is 2019 a year full of possibility and hope? Or do you feel daunted by the mountains looming ahead? Perhaps you feel stuck, disillusioned by the suspicion that nothing will change. That next December will find you stuck in the exact same spot.

I wanted to share the framework that I use to help me look back and look ahead. It's not really a formula for a New Year's Resolution, but some open-ended questions to get you thinking.

This is my third year of creating a resource for others to share in my ritual. Whether this is the first year you're joining me or you're returning to this for a second or third time, I welcome you to a moment of quiet in the liminal space of a new year.

I HOPE IT CAN SERVE AS A STARTING POINT
TO HELP YOU CLAIM MORE ABUNDANCE IN
YOUR LIFE!

--ALLIE





THERE ARE FOUR SECTIONS TO THIS GUIDE

>>REFLECT<<

Spend some time remembering the last year--pay close attention to what key moments stick out from 2018 and how that's shaped you. Name the moments of joy, acknowledge what you need to grieve, and celebrate the ways you've grown.

|| REFOCUS ||

Check in with how you're feeling in the present moment. Remind yourself of who you are to help you determine where you want to head.

<<ENVISION>>

Give yourself permission to dream about the coming months. Don't worry about practicality just yet, but put your hopes into words. Get to the root of your desires as a compass for moving forward.

>>EMPOWER>>

With a vision in place, think through what you need to help make your goals happen.

Whether you find a corner of a coffee shop and fill this out with a friend over the course of an afternoon, or spread it out over a few quiet mornings before the busyness of the day, figure out when and how you'll go through this workbook. It can be helpful to invite others you're sharing life with to fill it out as well!

MY PLAN FOR
FILLING THIS OUT:

When:

Where:

PEOPLE I COULD
SHARE THIS WITH:

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



First, let's think back on 2018. What big moments stick out? Write a quick description, as if it were a snapshot--what was happening, how were you feeling, what impact did it have on your year? Of course, this can be just a jumping off point. I sometimes like to use this time to look back at my journals or even the photos on my phone from the past year and look for themes.

>>gratitude<<

>>grief<<

>>growth<<

Describe moments of joy from this past year & life-giving people.

Acknowledge what was hard, unexpected, & moments of suffering.

List moments of breakthrough. How have you changed?

- JAN
- FEB
- MAR
- APR
- MAY
- JUNE
- JULY
- AUG
- SEPT
- OCT
- NOV
- DEC

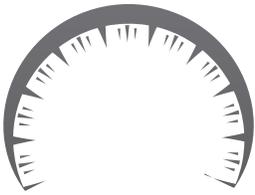
What people did you share life with this year? Take a moment right now to send them a text, thanking them for their presence.

What do you need to release this year? What steps towards forgiveness and reconciliation can you take right now?

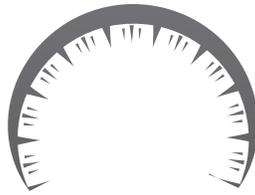
Who was instrumental in your growth this year? How can you let them know what impact they had on your life?

Overall, how will 2018 be remembered? What overarching themes or major events shaped you these last twelve months?

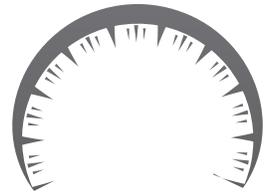
As the holiday season winds down and you head back into normal routine, how are you feeling? Draw arrows in the gauges below to indicate how you're doing.



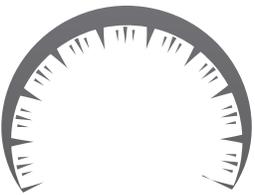
PHYSICALLY



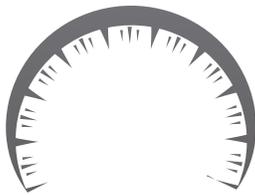
EMOTIONALLY



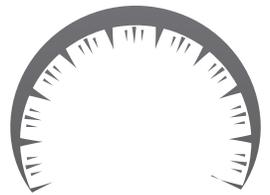
SPIRITUALLY



RELATIONAL



VOCATION



FINANCIAL



Pausing to define and clarify what these essential beliefs look like in my day-to-day brings so much clarity of purpose. How would you define the core values or driving beliefs for your life? Writing out the behaviors that manifest those beliefs can help you re-claim purpose. I've also found it really helps to define the slippery slopes or red flag behaviors that signal I'm out of step with my values. Write out a few of your core values below. (I filled the first one in with an example of one of my core values, so you get the hang of it.)

CORE VALUE: *(example)*
authentic connection

Definition: *being rooted in Love, seeing others and being seen*

In daily life, this looks like:

- *operating out of a place of worthiness*
- *caring for myself well so that I can be fully present with others*
- *being vulnerable and a hospitable presence for others to be vulnerable*

Red Flag Behaviors:
wearing masks, hotwiring connection through people-pleasing or hustling, feeling spread too thin

CORE VALUE:

Definition:

In daily life, this looks like:

-
-
-

Red Flag Behaviors:

CORE VALUE:

Definition:

In daily life, this looks like:

-
-
-

Red Flag Behaviors:

CORE VALUE:

Definition:

In daily life, this looks like:

-
-
-

Red Flag Behaviors:

According to your core beliefs, what are the essential elements, opportunities, patterns, etc. that you want to affirm in your life? What things are no longer serving you?

I WANT TO SAY "YES" TO...	I NEED TO SAY "NO" TO...

Keeping your core values the things you want to pursue in mind, write out your hopes for 2019. Nothing too specific yet, just write out your overarching vision or intentions for the coming months. Then, use the funnel to distill your thoughts down into one word or phrase you can use as a touchstone throughout the year.

HOW WOULD YOU DESCRIBE YOUR HOPES FOR 2019 IN:

1 or 2 sentences?

10 words or less?

1 word?



So what does that word or phrase look like for 2019? Use that touchstone as a catalyst for change. Get all the ideas and possibilities down on paper. See this organizer below as a brainstorming sheet. No bad ideas. Practical and impractical, "shoulds" and longings--write them all down. What patterns, habits, activities, goals, and plans are inside you?

Be as specific as possible.

PERSONAL HEALTH & WELLNESS

MENTAL & SPIRITUAL WELLNESS

CALLING & VOCATION

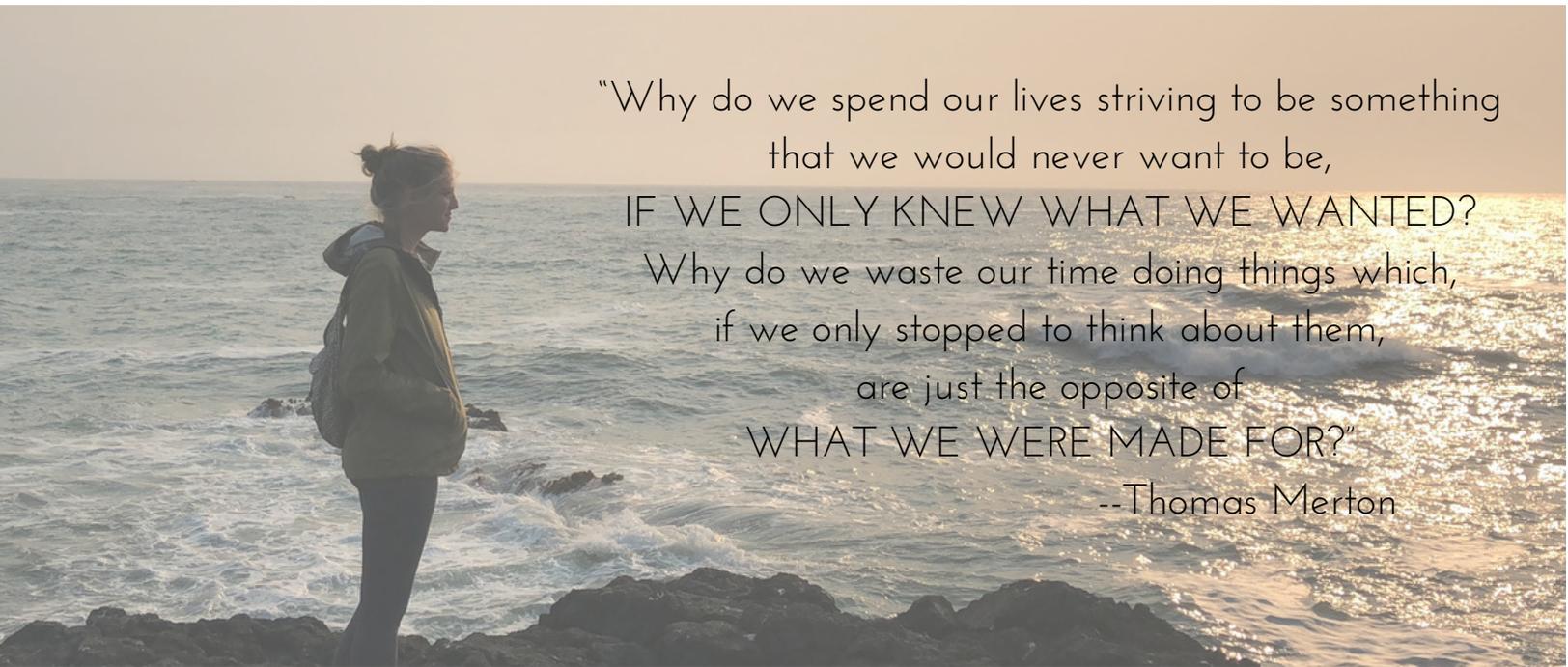
RELATIONSHIPS & COMMUNITY

ALL RIGHT. NOW, LET'S GET REALISTIC.

We set ourselves up for failure when we treat our New Year's Resolution like a magic wand--a fix-all leading to some idealistic version of ourselves. That ends in disillusioned self-doubt every time. This year, I'm trying to see my goal-setting as a part of my journey of becoming more fully myself. Think about the pitfalls that lead to lack of follow-through:

GO BACK TO THE PREVIOUS PAGE AND CROSS OFF:

- Anything that you **don't have the time**, energy, or emotional capacity to take on in this season.
- Any items that are **other people's expectations** of you, not your own goal.
- Any statements that are **vague and/or unclear** of how you would accomplish them.
- Any goal that feels like a heavy obligation or **"should"** rather than a life-giving pursuit.



“Why do we spend our lives striving to be something that we would never want to be,
IF WE ONLY KNEW WHAT WE WANTED?
Why do we waste our time doing things which,
if we only stopped to think about them,
are just the opposite of
WHAT WE WERE MADE FOR?”
--Thomas Merton

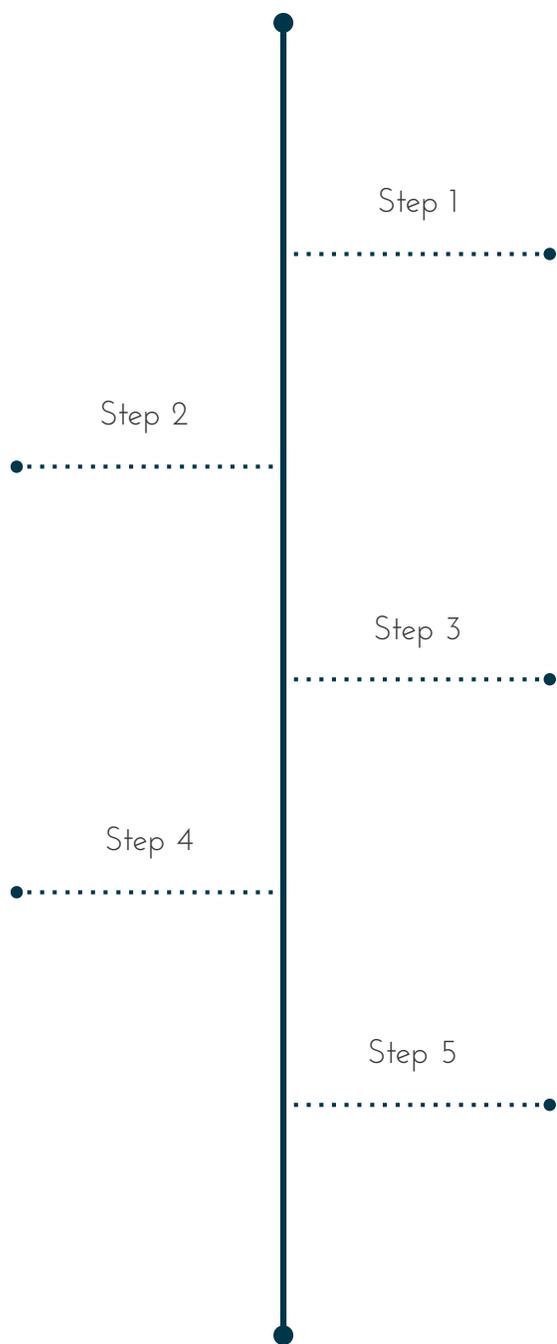
WHAT IS ONE SPECIFIC GOAL THAT ALIGNS WITH YOUR INTENTIONS AND WOULD BRING THE BIGGEST RESULTS IN YOUR LIFE?

I want to (specific goal) by (target date) because (underlying reason or motivation.)



Now, let's do some more specific vision casting for your coming year. What would living out this vision statement look like within your daily routine? What rhythms and habits do you need to cultivate to help foster a life that is in line with your core beliefs? How can you break down this goal into smaller steps or realistic components to set yourself up for success?

BREAK YOUR VISION DOWN INTO TANGIBLE STEPS



WHAT DAILY HABITS WILL HELP?

WHO CAN HELP ME IN THIS GOAL?

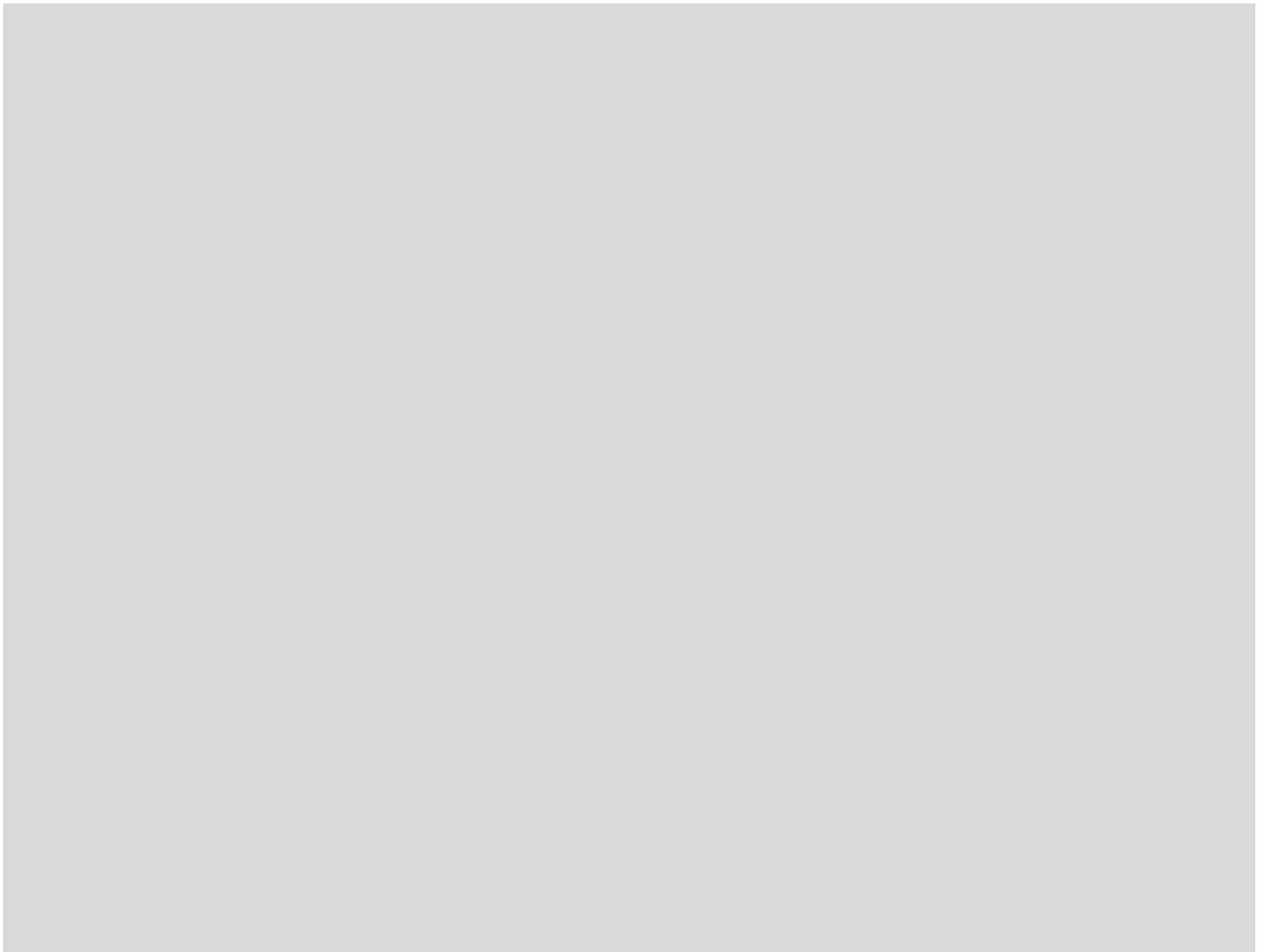
WHAT RESOURCES DO I NEED?



“DON'T EXPECT THE FUTURE TO LOOK LIKE THE PAST.
Clear away expectations, and let yourself picture
A WILD, GRAND NEW WORLD.”

- Martha Beck

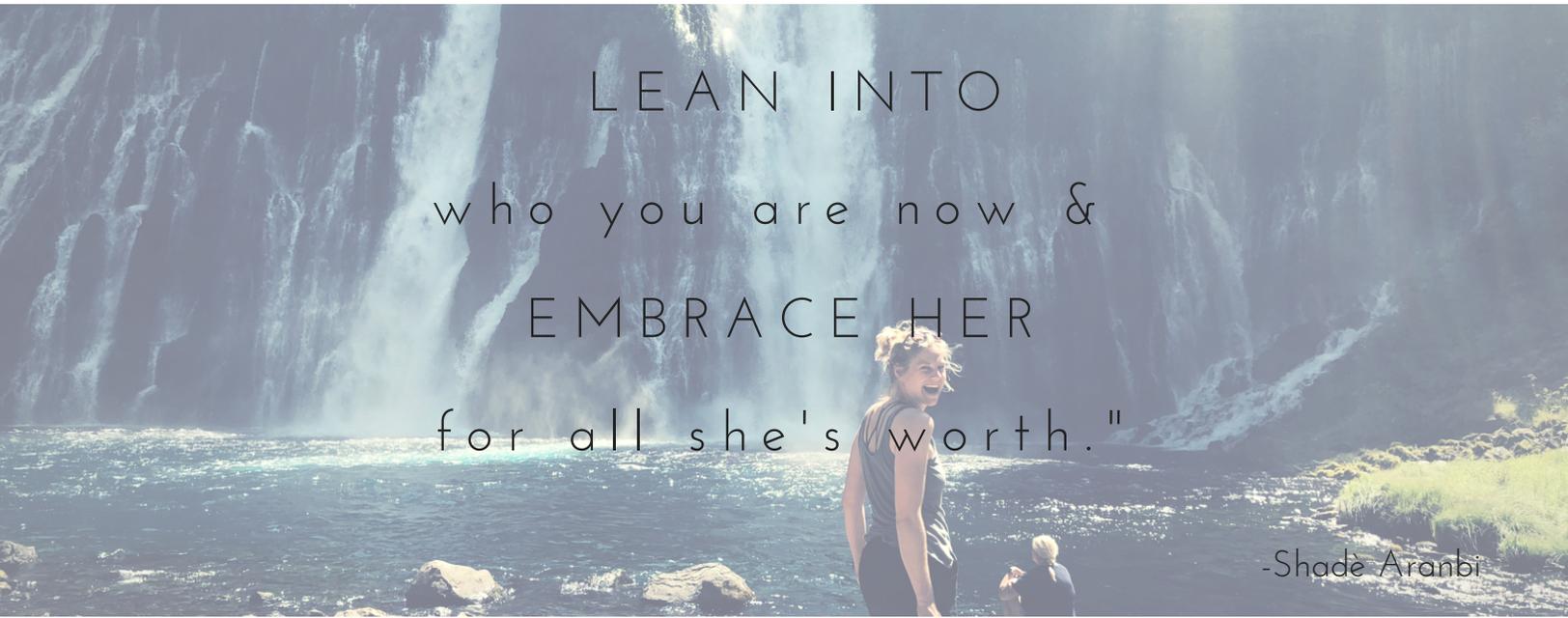
Write a letter to yourself, something you can read when the shiny-newness of this year wears off. With the kindness you'd use for your best friend, speak words of truth and encouragement. Then tuck this last page of your workbook somewhere you'll find it in a few months (like in the pocket of a dress you'll wear when it gets warmer, or tucked into your planner in the month of March.)



WELL DONE, YOU.

Getting through this whole workbook is no small feat. It takes intentionality and a lot of thought to process through all of these pages. I have come to love this practice, and I hope it's been helpful for you as well.

You've been wading through the past and thinking about the future, but I want to end with a reminder to come right back to the present. The gloriously messy, not-all-figured-out here and now.

A woman with her hair in a bun, wearing a dark tank top, stands in a shallow stream at the base of a large, multi-tiered waterfall. She is looking back over her right shoulder towards the camera with a slight smile. The water is clear and flows over rocks. The background is a lush, green forest with sunlight filtering through the trees.

LEAN INTO
who you are now &
EMBRACE HER
for all she's worth."

-Shadè Aranbi

If there's one thing I know for sure, it's that this year will NOT go exactly as planned. There will be surprises and setbacks. Just like this past year, there will be moments where we'll have to pick ourselves back up after we've failed. *And* there will be moments that go better than we could've even imagined. If you're anything like me, throughout the next year, you'll need to be reminded again and again of a few things:

That it will all be more than ok.

That our lives are not problems to be solved,
or tasks to be managed,
but stories to be celebrated.

That the best is yet to come,
and yet it is good to be you, right here and now,
in the messy middle parts.

That joy is the engine of the whole thing.

And now, with gratitude for the past year, and a vibrant hope for what's to come,
I wish you well. You've got this, darling!

xoxo.

allie