

**YEAR IN REVIEW**  
**PLANNING FOR THE NEW YEAR AND VISION BOARDS**

Creative Wellbeing Workshops, LLC

**YEAR IN REVIEW**

Take a moment to reflect on the last year and take stock of what you accomplished but also what impacted you. You can do this alone, with someone else, or with a group. If you are doing this with others, we suggest that you start out by writing your responses and then them sharing after.

List highlights from the year in the different domains of your life. List accomplishments. List things that impacted you even if you were not directly responsible for them (e.g. celebrating an accomplishment of a family member, COVID, something that happened in your community, etc.).

You can also list things that were distressing that happened to you or someone else important to you (e.g., brother ended a relationship, mate lost his/her job). If you had losses, think about the steps that you and/or they took to cope with those challenges and add them to your list.

**Domains that you might want to think about as your account for the year**

Health—exercise, dietary habits, preventive self-care, coping with an illness, etc.

Work—financial changes, accomplishments, tasks completed (one-offs and ongoing tasks), peer interactions, relationship with leadership, projects that energized you.

School—assignments completed, projects started, grades or degrees you received, peer interactions, interactions with teachers, etc.

Finances—commitments that you regularly took care of (mortgages, utilities, etc.) debts you reduced, significant purchases that you made, financial activities that impacted you.

Personal relationships—changes in relationships, work that you did in relationships, things you enjoyed about people in your life, activities that you shared together.

Animals—e.g. their care, any news creatures in your life.

Spirituality—ongoing or new activities, meditating, personal growth, questions asked, questions answered, etc.

Household—ways that you maintained your living space, any changes that you made, regular upkeep that you managed, yardwork that you did, organizing, cleaning, appliances, painting, etc.

Travel—did you take any trips, even if only local?

Civic/political activity—community involvement, community support of businesses, volunteering, donations, voting, etc.

Interests—what did you do with your free time? Did you do any crafts, research things online, take up a new hobby, play an instrument, practice a new language, etc.

Ways of coping—what did you do to take care of yourself throughout the year?

At the end of the process consider writing about the following:

How do you feel having made this list?

What was most surprising?

When did you feel most connected, energized and inspired?

When were you most satisfied?

Who played most prominently in your life?

What was a take-away from the year, a lesson learned?

How will you apply that in the new year?

What areas do you feel most motivated to pursue?

### **PLANNING FOR THE NEXT YEAR:**

Often this exercise naturally segues into planning for the next year.

Having taken stock of where you are now, imagine yourself a year from now. You were able to build on the momentum you generated the year before so that now, at the end of this year, you feel a sense of satisfaction and accomplishment.

Look back over the domains in your life that are most important to you (which you probably identified when you were doing the year in review)—your health, your relationships at home and at work, your professional accomplishments, your living situation, your financial aspirations, how you've spent your time and your overall sense of wellbeing, etc. Imagine where you would be, what you would be feeling, and what you would be doing.

Visualizing this in your mind initiates the process of manifestation—it taps into the law of attraction. However, it's important to consider that we don't necessarily create change just by wishing it. We want to harness the power of the subconscious by making *vision boards* that flesh out our aspirations and give the mind something to work towards. (See below for instructions on making visions boards).

### **VISION BOARDS**

Vision boards take advantage of the power of visual information to influence us. Think of this as a commercial to yourself. Visual information serves as one of the

most powerful tools of communication. When your mind is presented with a visual possibility, your subconscious will begin to formulate ways to manifest those possibilities. It plants unconscious seeds that our minds continue to grow.

### **Supplies**

12 x 18 piece of poster board or construction paper  
(can be larger or smaller too)

Magazines

Memorabilia (photos, letters, concert ticket stubs, stamps, plane tickets, etc.)

Drawing supplies—markers, pencils, crayons, oil and/or chalk pastels

Paints—watercolor or acrylics, tempera (finger paints), paint sticks

Glues—glue sticks (for magazine images), white glue (for heavier card stock, photos), glue gun for objects (feathers, shells, etc.), tapes (cellophane, packing tape, masking tape)

Scissors, Xacto knife

### **Instructions**

Using magazines, postcards, memorabilia (photos, letters, ticket stubs, etc), find words, phrases, and pictures that symbolize the future you want. Pick imagery for the different dimensions of your life (work, family, mental and physical health, spirituality, connection to nature, financial wellbeing, community, creativity, expanding knowledge and skills, etc.).

Include what you want accomplish or things that you want in your life. Also find things that represent how you want to feel everyday or what you want your life to look like everyday. Collage all of this on a large piece of paper or poster board.

If you want to be able to move things around, you can pin the things to a bulletin board or arrange things in a binder. Take your time and place things in a way that makes sense to you—provide the right balance of order and beauty on your vision board

Be spontaneous—find or make images that inspire and delight you. Be mindful as well—select words and images that really capture how you can imagine yourself feeling, what you can imagine yourself doing, who it would be with and where it would be. Add a snapshot of yourself in the picture somewhere if it makes sense.

You don't have to just use magazine images, you can draw some of the things you are thinking of. You can also decorate parts of the board with designs or areas of color.

Put your vision board where you can view it daily (on the wall or if smaller in a notebook) so that your subconscious mind finds pathways to create these outcomes.