



**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, you might each do it quietly and then share, or “interview” each other to get the process started.

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, something that happened in your community, something that impacted others around you, 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/their 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.

Different ways that people have captured their recollections of the year: e.g., handwritten on a napkin, in a word doc on the computer, printing a list then adding notes, etc.

You can capture this in a document on the computer (this can be helpful because then you can update it the following year) or by hand (if so, consider Include visual elements).

DOMAINS TO CONSIDER

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/Training—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.

Relationships—People who featured predominantly in your life, changes in relationships, work that you did in relationships, things you enjoyed about people in your life, activities that you shared together.

Animals—Their care, any new creatures in your life, medical issues.

Personal Development/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—How did you spend 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 JOURNALING 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:

Having taken stock of where you are now, you may notice a sense of being more grounded in your life and even feel some satisfaction and sense of accomplishment about what transpired the year before.

Often this naturally segues into how you would like to follow up on all of those areas in the coming year in those domains—health, relationships, your professional accomplishments, how you've spent your time, and your overall sense of wellbeing, etc. Then imagine where you would be, what you would be feeling, and what you would be doing if you were to have them accomplished at the end of this new year.

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.

VISION BOARDS

Vision boards takes advantage of the power of visual information to influence us. Think of this as a commercial to yourself. 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.



Gioia's Vision Board 2025



KC's Vision Board 2025

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 domains 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 through the day. Collage or draw all of this on your paper or poster board. (Doesn't have to be large, many people like to keep it small and contained).
- 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, 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.



Rebecca's Vision Board 2020