



THE CENTER FOR  
Clarity, Compassion & Contentment

*find your center*

## *Welcome to the New Year! 2023*

***To start the year, let's find your center with a bit of writing—debrief, relief, grief, and belief.***

### ***Debrief***

- ◆ What happened last year?
- ◆ What worked well?
- ◆ What were your accomplishments?
- ◆ What were your stressors, failures, painful experiences and suffering?
- ◆ What inspired you?
- ◆ What did you learn?

*Continue to Relief, page 2*

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***Next, let's examine...***

***Relief***

- ◆ What am I most grateful for? Make a list.
- ◆ How can I grow in mindfulness? Make a list.
- ◆ What am I most excited about in the new year? Make a list.
- ◆ What am I worried about? Make a list.
- ◆ How can I avoid mindless worry about the things on the list?
- ◆ How can I turn worry into appropriate action?

*Continue to Grief, page 3*

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***Next, let's examine...***

***Grief***

You may have lost loved ones this year. As humans, we suffer all kinds of losses in addition to those we love including: relationship loss, job loss, health diagnoses, plans that have gone awry, etc. Whatever has been lost or whatever has made us feel lost can be explored here. Taking the time to acknowledge what happened and how you feel is a healthy activity.

- ◆ Who, what, and how have I lost?
  
  
  
  
  
  
  
  
  
  
- ◆ When I think of anything that failed last year, can I make sure I don't identify with failure, but rather remember I am the person experiencing it? (This is natural awareness.) What is a statement that will help me keep a healthy perspective on this matter?
  
  
  
  
  
  
  
  
  
  
- ◆ What do I need to do to care for myself?
  
  
  
  
  
  
  
  
  
  
- ◆ How can I honor my pain with purpose?

*Continue to Belief, page 4*

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***Next, let's examine Belief —feel free to grab a nice fresh piece of paper to have more space for these questions!***

Now is a great time to find inspiration at higher levels for everything! You have raised your level of consciousness with this exercise and now that you have, utilize a “me/me, me/we, me/us” approach and examine the following...

- ◆ **Me/Me** - How will I move forward in 2023? (Personal growth/evolution)
- ◆ **Me/We** - How will I move forward at *home* in relationships with family and friends in 2023?
- ◆ What brings me the most meaning at home and in my personal life?
- ◆ In what ways am I empowered in my personal life?
- ◆ **Me/We**—How will I move forward at *work* with my colleagues, teams, departments or organization in 2023?
- ◆ What brings me the most meaning at work?
- ◆ In what ways am I empowered at work?
- ◆ How am I supported?
- ◆ What can I do to support others?
- ◆ **Me/Us** – How do I move the world forward? (ex. My own acts of love and kindness)

*Continue to page 5*

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***Congratulations for your courage and commitment to  
finding your center and welcoming in the new year!***

Keep this document somewhere you can refer to it in the coming months. Make it a living document in your thoughts and actions. You might turn your belief page into a vision board or mind map. You can reflect on it quarterly if you like. You can do this again next year.

Any additional thoughts you have about how you would like to live your life this year can go right here....

Wishing you a wonderful year of clarity, compassion & contentment!

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