



B l o o m

A guided yearly self-reflection journey



HALLO THERE,

The end of one cycle around the
Gregorian calendar and the beginning
of another is coming up. Best take a
moment to catch ourselves!



WELCOME!

Amidst the dense forest of our everyday life it can be easy to become distant from ourselves, our values and our guiding

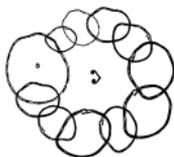
i n t e n t i o n s .



Through self-reflection,
inquiry and contemplation
we're able to cultivate
wisdom for living with
meaning and connection.
We come into intimate
relationship with our
own inner-life, outer-life
and our lives together.



We develop a kind of knowledge that
builds resilience, reverence
and empathy.

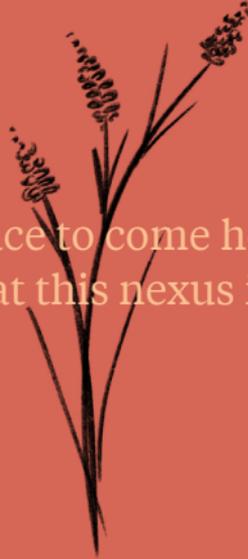


Using questions and exercises rooted
in psychology, this little booklet will
guide you through the year that has
been, help you harvest the wisdom
from your experiences and plant
seeds for the year that is to come.



THIS IS

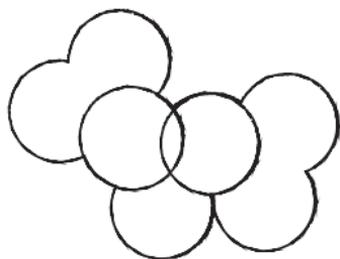
Your space to come home to
yourself at this nexus in time.



YOUR BOOKLET



We really are better together...



Our sense of self emerges within community, we are wired for belonging. So it can feel nice to reflect and close the year out with those you feel cared for and loved by.



Invite friends to gather.

Make some tea.

Do a little meditation together.

**Fill in your journals to some
Bonobo or Jon Hopkins.**

**Share some of your answers with
each other.**

Have a dance and shake it out.

**Leave feeling clear, heard,
connected and grateful.**



YOU'RE WORTH IT!

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Whether doing this practice with yourself, or others, treat it as you would a meditation, yoga class or intimate conversation with a friend or lover. Set aside some dedicated space and time, treat yourself to a tea, nice wine or some candles - be a little cheeky!

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This is a ritual, a moment outside of 'mundane' time and into 'sacred' time.



CREATING THE CLEARING...

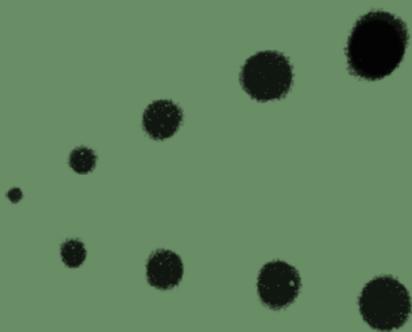
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Let's not rush through this, so take a few minutes now to meditate, catch your breath, feel your heartbeat and connect to the senses. Noticing what is here, in this moment.

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When you feel that you have arrived you can begin your journey by writing, drawing or moving your way through the questions however you feel.





Hindsight

reflecting on the year that has been



1. If you were to list 4 core themes that represent this year for you, what would they be? (ie. exploration, sinking in, transition, etc)



“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

-

MELODY BEATTIE



2. What are the top 6 things,
people or events you are
grateful for this year?

(maybe you'd like to write them a little note?)





3. What 3 achievements for the year are you most proud of?



4. Are there any goals or intentions you had for the year that didn't transpire for one reason or another?





“Our successes and failures
come and go—they neither
define us nor do they determine
our worthiness.”

—
KRISTIN NEFF



5. Which 3 people did you most enjoy spending time with?



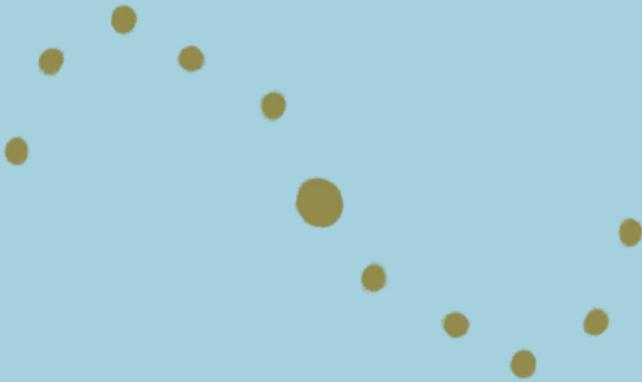
6. What did you learn this year that feels most enlivening or exciting?





How are you **feeling** after reflecting?





Insight

harvesting the wisdom from your experiences.



1. What would you say is the most important lesson you learnt this year?



2. Why are you most proud about the achievements you wrote above?





3. What are the common traits among those 3 people you mentioned above? What type of people are you most in “**flow**” around?



“The highest
of love is the
that allows for
intimacy with
the annihilation
difference.”



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-

PARKER J. PALMER



4. That goal or intention that didn't transpire this year: why do you feel this was? **What can you learn from this?**





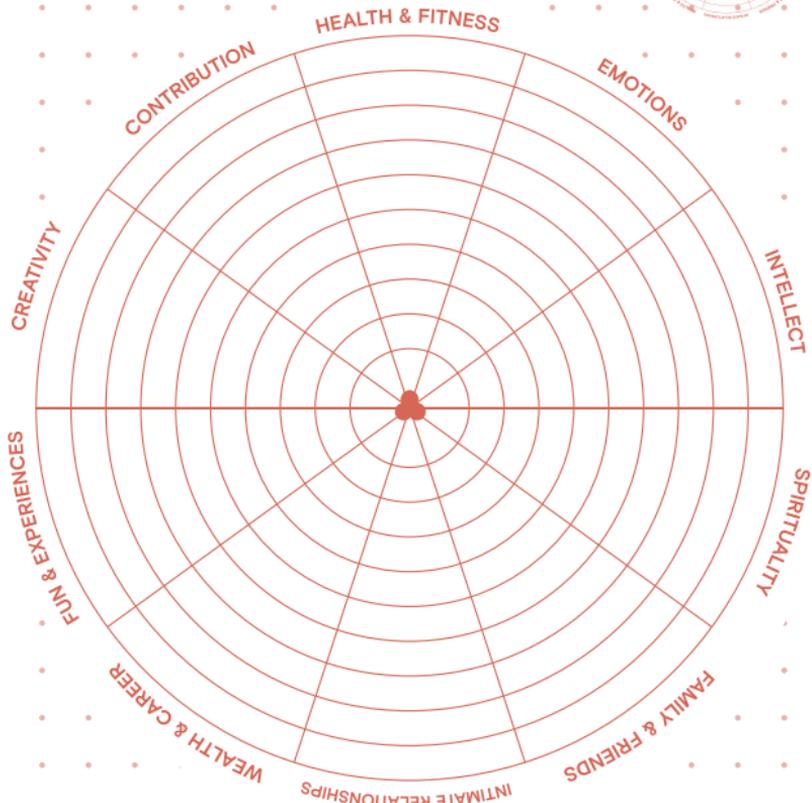
**“The only way
to make
sense
out of
change
is to
plunge
into it,
move
with it,
and join
the dance.”**

—
ALAN WATTS



5. Wheel of life - on a scale from 1-10, how fulfilled do you currently feel in your development in these 10 areas of your life? **Colour in the bars and then reflect on the balance of your wheel.**

(e.g)



6. Looking back, what can you learn about how you managed and nurtured these 10 areas of your life:

HEALTH & FITNESS

EMOTIONS

INTELLECT

SPIRITUALITY



FAMILY & FRIENDS

INTIMATE RELATIONSHIPS

WEALTH & CAREER

FUN & EXPERIENCES

CREATIVITY

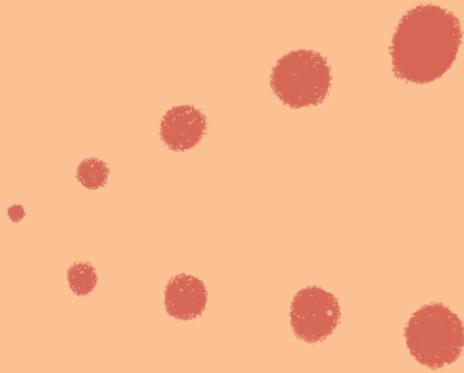
CONTRIBUTION



How about now?

How are you feeling after drawing out those insights?





Foresight

planting seeds for the year ahead



1. Right now looking forward, what would you like 3 themes to be for next year? (ie. exploration, commitment, focus, etc)



2. What stands out as a key opportunity for personal growth next year?





“Imperfections are not inadequacies; they are reminders that we’re all in this together.”

-

BRENÉ BROWN



3. Who do you want to spend more time with next year?



4. What new skill do you want to learn or improve?



5. What personal attribute or quality would you like to sharpen or live into more?





**“True discipline is really
just self-remembering;
no forcing or fighting is
necessary.”**

—

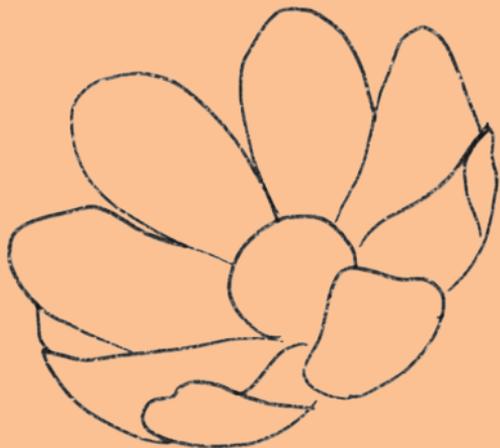
CHARLES EISENSTEIN



6. What is one story you will stop telling yourself next year? **What new story will you replace this with?**



On the other side of this page, use the whole page to craft a visual anchor



something that when you see it, might just bring you back to your core desired feelings, intentions or values for next year. Of course, feel free to draw, write, scribble or whatever feels right to you ;)

Then tear or cut out this page so you can stick it somewhere that you will see daily.









...and how about now?

How are you feeling after planting seeds
for the year ahead?



Take a moment to sit in the feelings here after this practice. Bringing a slight smile to your mouth, eyes and chest, pay gratitude to yourself and any others with you, for gifting yourself the chance at coming home to yourself.



If you'd like, take a photo of
you and your booklet and
share it on Instagram with
#bloomjournal





A Gift from the Heart

This journal is a gift of generosity. Unbranded and purely for the intention of cultivating self-awareness, gratitude and empathy. Feel free to share it with friends, family and folk.



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