

a year in review

A lot of people ask me what I do for the New Year since resolutions seem to resonate less and less with how people wanted to enter into this important transition. After all, more resolutions are broken than kept, and that doesn't feel like a way to enter the New Year with integrity.

With the traditional resolutions, people often find themselves stuck in the same place year after year – even with having the best of intentions and setting achievable goals that seem totally doable. Goals they really really want! Some have been wanting them for decades! Let's stop that stuckness right now.

It's time to step into your wildness, your true desires, your heart-centered visions for your life with the most astute observation, integrity, wisdom, generosity and compassion that you can muster.

Before deciding what you want to create in the upcoming year and setting your intentions for those, it is absolutely essential to reflect upon and learn about yourself and your patterns so that you don't repeat the same mistakes and find yourself in the same old rut – again. Not doing this is why many intentions – aka “resolutions” – fail.

It's only in knowing what we do right now that we can choose how to do things differently, or choose what patterns to keep and which to let go of. Doing things differently when something isn't working, and keeping up the things that actually serve us, is how we create better experiences in our life – and lasting happiness too. Sounds good, right?!

That's why I want to share with you my personal list of favorite Year-In-Review Questions to help make sure your whole being is prepped for making your next year the Best Year Yet. I've found that I create the most success in my life – personally and professionally – when I take the time to reflect on the past with the intention of learning and growing (and not for ruminating or lamenting!).

While creating goals and setting intentions are an important part of actively creating a kick-ass New Year, I've learned that BEFORE we do that, we need to reflect on what journeys we have been through, what has happened within us in the past year, so we can approach the next year more skillfully and with deeper wisdom.

I believe this is why “resolutions” are now often seen as clichéd and de-valued. People usually enter into resolutions without mindfulness, true emotional investment, or reflection on what would really make a difference, and a solid plan. .

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Those things are the difference between a “good idea” and a “goal.” A good idea is just that – an idea. A Goal/Intention/Resolution, on the other hand, has a clear vision and a plan – a plan based on reflection and wisdom gained. Starting here is an essential part of building a good foundation for your next year.

After years of doing this every December, here are my favorite questions to ask myself. Have fun doing this! You are going to learn and grow from it, which means you’ll be far less likely to make the same mistakes and be more able to create your ideal life. Juicy, baby!

Pick a time when you have some quiet, uninterrupted space, light some candles (I’m into candles;), pour a glass of your favorite beverage, take a few moments to breathe deeply and calm your mind, and start in on creating the life of your dreams.

Essential Rebel Questions to Review Your Year and Learn To Make the Next One Your Best Year Yet!

1) What am I most proud of from this past year?

2) WHO helped me achieve that – and did I thank them?

3) WHAT helped me achieve those things (habits, systems, choosing helpful mindsets, letting go of toxic relationships, etc)?

4) What thought was the most helpful for achieving this?

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5) Who (or How) was I BEING in my life when I was most content this last year (confident, laid-back, present, slowed-down, adventurous, generous, healthy, compassionate...)?

6) Where could I have invested more energy (and "energy" means time, money, emotions, attention)?

7) What blocked me from investing that energy?

8) What thought blocked me from that energy? Was it "I'm not worthy?" "Who am I to think I can do that?" etc.

9) How can I remove some of those blocks/obstacles for the upcoming year?

10) What and/or Who did I take for granted this year?

11) How can I honor those people or things more next year?



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12) What did I do to nourish my spiritual growth (retreat, regular practice, new supportive relationships, etc)?

13) Was it enough? If not, how can I add to that?

14) Now, I want you to ask a very big question of all the difficult things that happened this year for you. So for now, pick one:

...and ask, "Why has this happened FOR me?"

15) What was ONE take-home lesson from my most intense or powerful experiences in the past 12 months?

I dare you to take one action today based on these reflections. When you write things down – and share them – they take on even more power. What will you do today?

*** If you're interested in a really awesome way to make the next year your best one yet, [join Freedom School](#). It will set you up to live the best version of you in the year to come. This is an amazing group of rebel women committed to creating lives of freedom, adventure and purpose. You can even gift a Freedom School membership to someone that you know could use the boost and come together! You'll dive into getting clear about: what you want, how to clear your life of the things you don't, skills for living an authentic life so you are out there being YOU and not what other people want you to be, and more. [Click here to learn more.](#)