

REFLECTIONS OF THE YEAR



varia

REFLECTIONS OF THE YEAR

Welcome to Your Year!

I'm excited that you chose this journal guide to be a part of your year! While this is an intentional exercise, please be gentle with yourself as it's also just a practice. Get a cup of tea, a cozy spot and a nice pen and notebook. My ritual also includes a tarot deck, some crystals and a candle, but that may not be your jam. It's been an incredible hard and challenging year, so give yourself the time you need to unpack it, reflect, and also honour what helped you get through it.

There is no rush to finish it, or do it perfectly. In fact, revisit it throughout the year. I take my Guide out with every changing season to see if it is still working for me, and what i may need to tweak. The New Moon is the perfect time to do it, as it is the time of the month to set intentions.

I compiled a few of my favourite exercises for reflection, planning, and processing. This is just a guide and starting point. You may feel inspired to take it to another level - follow that. I shared very summarized info about a few things, and if that brought on some curiosity to learn more about them, dive in and do your own research! Please note, this is a fun workbook for you to use on your own. Follow your rhythm and listen to your body as some parts may be hard. This workbook does not replace therapy and for you to use with your wellbeing in mind.

With love and warmth,
vania



vania

JOURNAL PROMPTS

It's always good to start with reflecting on the year that was. What did you discover?
Ask yourself these questions...

- 1) What was something that anchored me this year?
- 2) When was a time that I needed to feel safe, and what did I do or need to feel safe?
- 3) How did I take care of myself this year?
- 4) How did I surprise myself?
- 5) Who was there for me and how did I feel connected to them?
- 6) What is something I want to leave behind or let go of from 2021?
- 7) How did I care for my Mind Body Soul?
- 8) What did I learn about myself that I want to work on unlearning or shifting away from?
- 9) What is an ongoing challenge that is stuck and I may need some insight on?
- 10) When did I experience a moment of calm, of rest this year?
- 11) Did I say no to something or practise setting a Boundary? Did I say yes to slowing down and pausing so I could just be in the moment?
- 12) What am i grateful for?
- 13) What brought me pleasure, joy or helped me smile?
- 14) How can I prepare for the coming year in a way that honours what I experienced last year?

*"you do not just wake up and
become the butterfly -
growth is a process"*

Rupi Kaur

REFLECTIONS OF THE YEAR THAT WAS

My words for 2021 have been:

REFLECT: Something that I am proud of // never want to forget

RELEASE: Something I am leaving behind // never saw coming

REVISION: Something I am bringing with me to the new year

RECOMMIT: Something new I will focus on // am promising myself

varia

INTENTIONS OF THE YEAR TO COME

Now that you spent some time reflecting on this past year, let's start the planning for the year ahead.

This is the fun stuff!

First, here are some resources to help you get centred. You may need to take a break from this workbook first. Take a walk, have a dance break. Get out your Tarot deck, or sit in a quiet breathe.

For this part, you may want to play with vision boards, a journal exercise describing your favourite day, or write letters to yourself – from your Future Wise Part, or to your Inner Child.

What part of your Self needs to be nurtured or honoured this year?

Maybe your Creative Part, your No Shit-Taker Part, or your Goddess Part wants to be more seen.

Over the next few pages are exercises that may help you find your intentions, words, or goals for 2022. They cover themes of self-care, community, mind/body/soul work, self-compassion, and rituals. There is no right or wrong way to do it. Rather it's a way of turning inward and listening to your body, mind and soul.

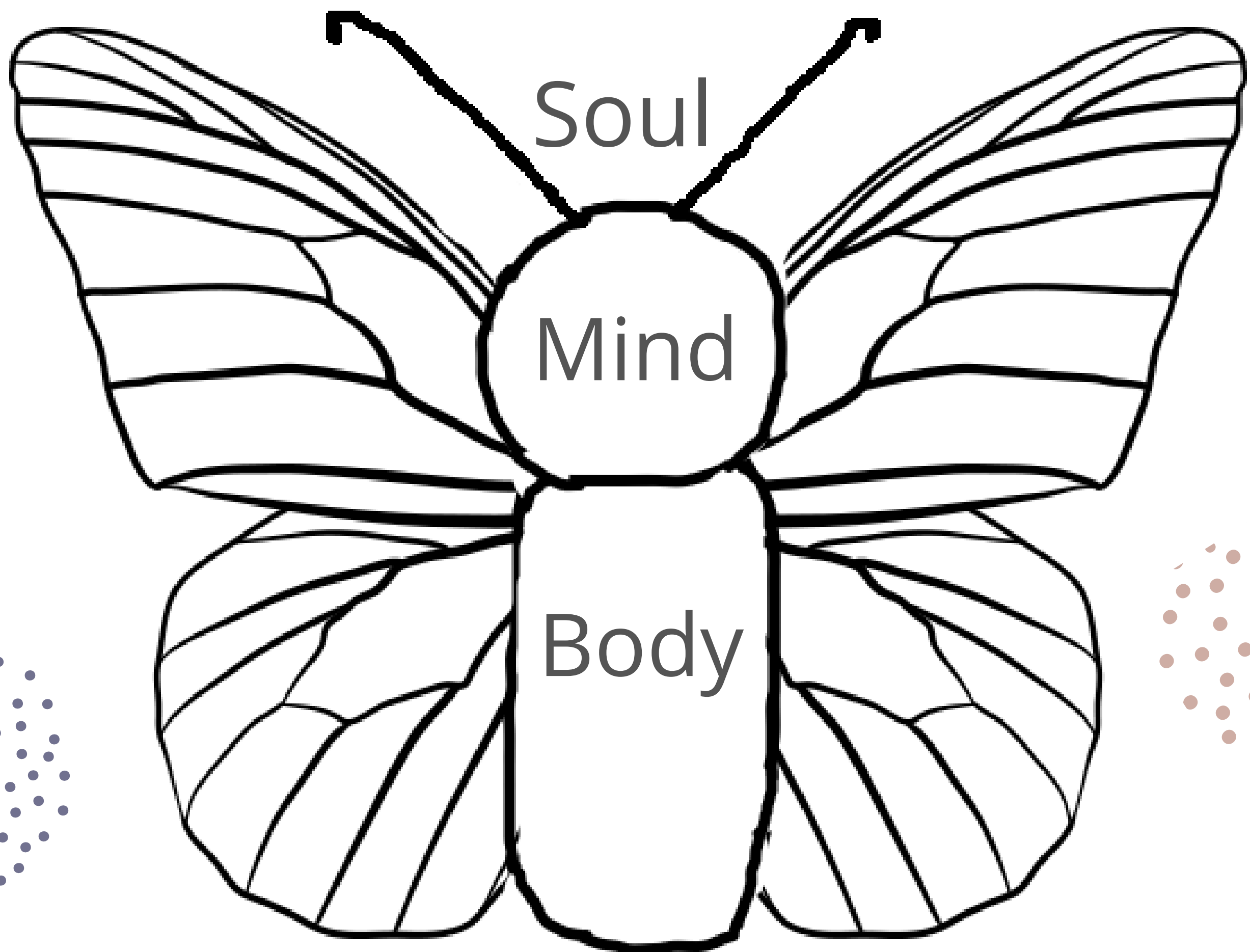
In fact, let's start there: What can you do to honour your

MIND BODY SOUL this year?

Check out my tool on the next page for inspiration.



MY BALANCED LIFE



4 wings of Connection

Think of these butterfly parts as a way to create more balance in your own life. Each part is integral to living well. Like a caterpillar to a butterfly, we can create that transformation that is needed to live our life as we love.

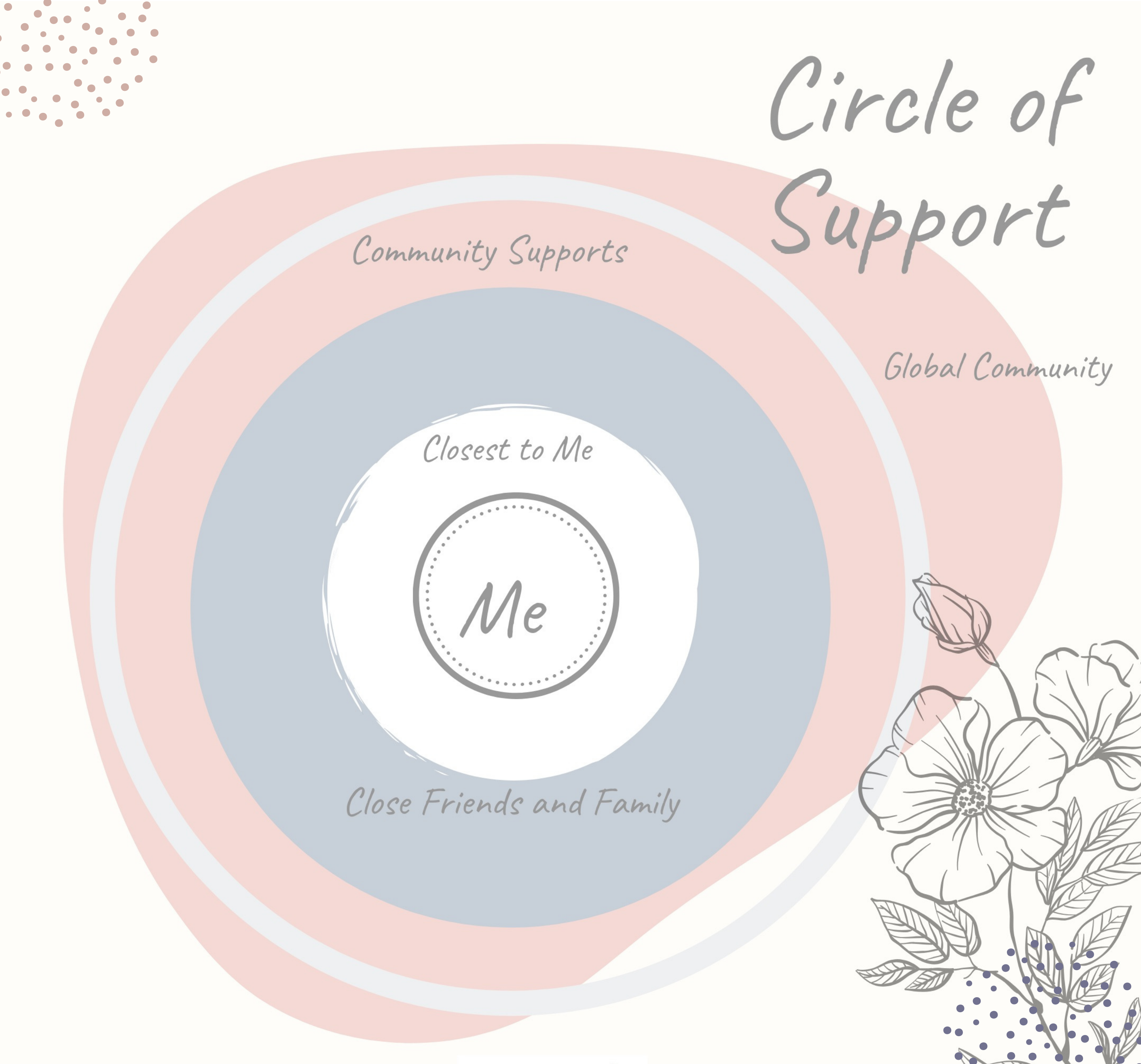
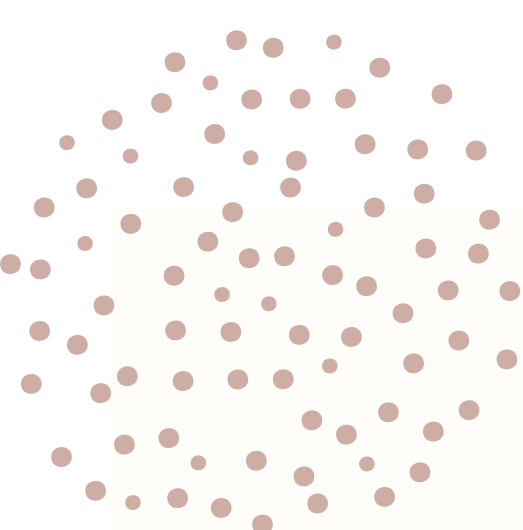
Antenna: Soul and Spirit Work
Head: Mind and Mental Health
Body: Physical Self-Care
4 wings of Connection
family, friends, community, global collective

In each part, write what you do that nourishes you, and what you wish to add in order to create more balance.

*For more about this tool, go to my website for a detailed breakdown: vaniasukola.ca

CIRCLE OF SUPPORT

When we have a sense of who is in our village, it is easier to ask for help so the intentions we set for ourselves are realistic and sustainable. In these circles below, think of people that may fit in each one. The smaller the circle, the more support you get from this person, and the more you trust them.



THREE R'S OF SELF-CARE

Self-Care gets such a bad reputation but it is crucial for survival, as well as what preserves us. It is more than doing nice things for our Self, and soothing ourselves in a hard moment. The care we give ourselves is what sustains us so we can live our life the way we dream up. These acts of care can be Physical, Emotional, Social, Nature-based, or Spiritual practices.

In your journal, write some ways you can practice this more daily, weekly, or as needed. What soothes you in a given moment of overwhelm or stress? What helped you get through your harder moments this year?

To make this practice even easier, I have broken them down into 3 pillars:

Restorative: this is what restores me
(i.e. a long bath to soak my body, a good meal)

Reflective: a way to hold space for my feelings and thoughts
(i.e. therapy, a talk with a friend, journaling)

Radical: honouring my boundaries and what is best for me
(i.e. saying no to something that doesn't honour my needs, doing other's work)

Rest is also so important to help our body and mind regulate. Learn some ways to take care of your body and mental health. For instance, here are some ways to get rest: time away from everything and everyone, self-permission to not help others, do something unproductive, connect to art or nature, be still and pause, have a safe sacred space.



varia

WHEEL OF LIFE INTENTIONS

ALIGN + FOCUS on YOUR SOUL'S DESIRES



@ KIMOTHY JOY

*For more on this tool, look up Wheel of Your Year, or Kimothy Joy's own workbook

SELF-COMPASSION

Kristin Neff coined the term Self-Compassion, and it's a big part of my own practice so I wanted to share it with you. There are 3 pillars - Kindness (treat myself like the friend we treat others; Mindfulness (becoming aware of the here and now moment) and Common Humanity (shared experience with others).

What are some ways you can practice more self-compassion? Us the space below to get a snapshot of each of the pillars and create a guide just for you.

Kindness

Mindfulness

Common Humanity

CYCLICAL LIVING

The **Wheel of Your Life**/Intentions is a great exercise to help you get a sense of the life you want to be living. It's broken into 8 pieces that are guides to help you see what you have in abundance, just enough of, or have scarcity in.

Take out your journal and draw a blank wheel with these 8 pieces. Then, reflect on what you do or would like to do this year for each of the categories. See what is calling to you, and what you may want to change to make more fitting for your own life. What areas of the wheel are you most wanting to work on? Can you add things you do in each of the pieces? What can you add to create more balance?

Some other ways I call on my intentions for the year are pulling Tarot cards, learning about the moon phases and how they draw different energy from within me. These rituals are a wonderful way to keep drawing me back to my intention. It also reminds me that there are days my body needs to rest, and that's okay.

Moon Cycles and Moon Mapping: Did you know the various moon phases correspond with different energies and phases for us as humans? For instance, here are some phases:

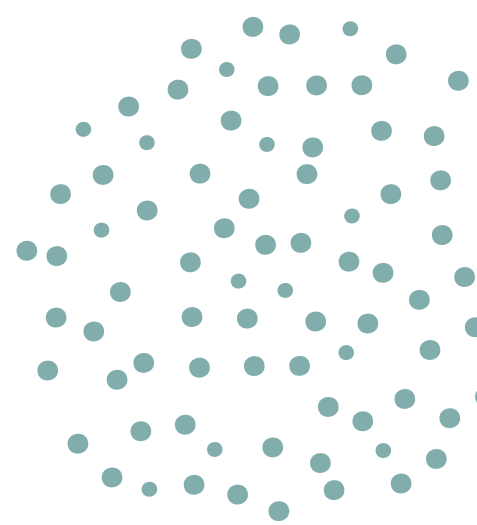
New Moon- plant seeds of intentions, dream, hope and rest/recharge

Waxing Crescent- optimism, beginnings, start something

Waxing Gibbous- healing, health, growth, self-care

Full Moon- harvest, ancestor work, reflections of past month, celebrate

Last Quarter- balance, research, gratitude



What might be some **Rituals** you have wanted to come back to, or start? They act as anchors to live your life with intention. What about a daily morning or evening practice? I start my day with a quiet body scan before I get out of bed. I end my day with a journal or gratitude exercise. These rituals help me keep my commitment to my word alive. Share some ideas in your journal.



ANCHOR GUIDE WORDS

I like to reflect on my intentions every season and have a word that anchors the season with my main word. My body's internal energy ebbs and flows like the seasons, so it helps to recognize this. I give myself permission to honour what I need in the present. What do you notice about your cyclical energy? Is there a pattern? Are there key dates that you honour? Do you menstruate and does that impact your energy?

Share some thoughts in your journal.

Now that you have spent some time with these exercises and contemplations, it's time to think of what your priorities are for this year.

What are some themes that came up?

What feels pressing or calling for your attention?

What is an intention that keeps coming back to you?

Are there any goals that speak to you?

If you have **Tarot** or oracle cards, these are a great tool to use here.

A 3-Card Tarot Pull – For instance, Mind Body Soul or Past Present Future.

Is there a word that speaks to you? Or a lingering inner quandary?

Ask the cards as a guide.

This is where your words come in. You can have 1 or up to 5. I like the power of 3 myself.

Then, find a way to anchor the top 3 words. Maybe that is where your vision board can come in, or a journal entry or sticky note pledge. Maybe there is a symbol that captures it. If you like to draw, this is a great resource to put to watercolour! Keep your words in plain sight as a reminder and commitment to keep coming back to this year.

So, now get ready to put it all together...

THIS COMING YEAR

After looking back on the exercises and reflections, what stands out to you? What feels grounded and centred in your body as you sit with the prompts?

What are your goals, hopes, dreams or words for this year?
Here you can get out the vision board or letters to Self.

My words are:

Some ways i will honour them are:



Now is the time to put it all together and see what you come up with. How can you hold yourself accountable, and be both realistic and gentle with your Intention's expectations?

What might be a priority – can you work on a 30-day plan to get you started?

In this cycle of life, look back to other times you worked on goals – what worked, what didn't, what can you do differently? What might be my first step in reaching the goal?

Set the intention, confirm it's possible, than take action.

After, always take time to rest, reflect and recharge.

varia

REFLECTIONS OF THE YEAR

You made it. If you are reading this, you have gone through the exercises and have a better sense of your plan for this year. Yea!

Thanks for joining me on this journey. I'm honoured to be a part of yours. Don't forget to be gentle on yourself with this resource and keep coming back to it.

If you have any questions or would like to unpack this further, please contact me. I am a Registered Psychotherapist in Ontario, and practice as a Feminist Therapist where I provide therapeutic support to people to heal from trauma (especially developmental trauma, relational abuse, and sexual violence), as well as parents who have experienced birth trauma and adjusting to a new rite of passage or stage in your life.

(Unless referenced, all writing is by vania sukola, and for your personal use only. Please do not redistribute)



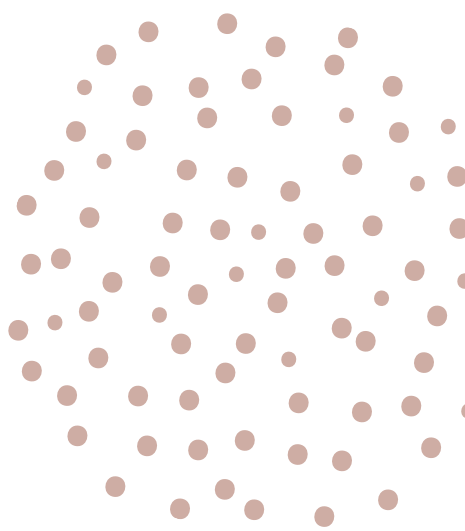
*"The way we rise
from every sorrow in life
is the most beautiful thing
I've seen"*

Rupi Kaur



Vania Sukola, BASc, RP
Registered Psychotherapist
vaniasukola.ca
info@vaniasukola.ca
Insta: vania_sukola
Facebook: therapy-with-vania

Live the Life you Love



vania