

TREE OF LIGHT

Seasonal Review



A simple, cleansing exercise to help
plant the seeds for new ideas to come to life.





Take time to reflect...

Spring is time for putting plans in motion, setting goals and sowing the seeds for the months ahead. But before you launch into action, take some time to review the year that's now behind you. Evaluate your successes. Appreciate your talents. Know your limitations and acknowledge areas for improvement. There are no right or wrong answers to any these questions, just simple truths we can learn from looking a little deeper at ourselves. Once you begin to making this process a regular practice you'll find it's a habit worth keeping.

Use this space to make notes, figure out problems, and plant the seeds for the new ideas and intentions that you want to bring to life.



Did you take any risks in an area of your life last year?

What did you do?...Did it pay off?...

If things didn't turn out as planned, do you regret taking the risk?





Did you face a challenge last year? What made you most uncomfortable?

What happened?...What did you learn?

How can you avoid repeating it?

**What did you succeed in last year? Your work, relationships or something else?
Think of a couple and write three reasons behind their success.**

Think of a couple of examples...

What were the main reasons behind the success?





What new ideas or plans inspired you, or got you excited?

You can make list of several, or concentrate one you feel strongly about...

Remember, ideas come to life when we feel balanced and connected.
Small do-able steps often take you further than big leaps.

Did you learn any new skills last year?

What are they?

Are you using them regularly, or planning to use them more frequently?





What inner wisdom did you discover about yourself?

Was it something that made you happy, or caused you concern?

In what way can you turn this new found knowledge to your advantage?

What was the most fun you had this year?

In what way can you build more experiences like this into your life?





If you could change one thing that happened last year what would it be?

This process of reflection and self inquiry is essential to building life resilience. Use your new found knowledge as a foundation for future personal development plans.



Thank you for taking the time to read through or participate in the *Seasonal Review*. I hope you'll find it an energising and productive exercise.

I'll be launching courses and activities over the year, focused on supporting the pursuit of self awareness and building life resilience. I hope you'll be interested in deepening your understanding of why events happen in your life and what you can do to turn the adversities you face in life into opportunities for growth.

Keep an eye for my mails or bookmark my website for details.

If you're interested in counselling or coaching, in person and remote appointments are available. I'll be glad to offer my support and guidance.

If you have any questions please reply to this email to arrange a time to talk.

Warmest wishes. Olga



www.spiritualtreeoflight.com

