

6 Questions to Honor and Celebrate 2015

1. **What surprised you this year?**

Surprise is one of life's ways to remind you that you aren't always in control of your life. Your surprise helps you to shed expectations and to know that life is full of infinite possibilities. List the different ways you've been surprised. This could be surprises from others, surprise events in your life and in the world, or ways that you surprised yourself. How do these surprises help you to see life a little differently?

2. **How did you grow?**

As you think about surprises this past year, how you responded to those surprises determined the trajectory of your own growth. What challenges did you experience and what lessons did you learn from them? What joys did you experience and who did you become as a result? Recognizing how you've grown affirms that you show up in the world.

3. **What made you feel alive?**

You are a unique expression of life, showing up in the world in only the way that you can. Your passion and your joy is unique to you. As you think about this past year, what brought you juice in your life? Where did you feel an energy and zest to life? The stirrings in your heart are signposts to the real you.

4. What can you celebrate?

Celebration is a form of gratitude. From a spiritual perspective, you celebrate not only accomplishments and experiences. You also celebrate a shifting of your own consciousness that became open and receptive to experiencing more good. When you celebrate, you affirm what is important to you and what you want more of in your life.

5. What do you want to leave behind in 2015?

Not everything in 2015 probably felt good, even though you probably learned some lessons in the not-so-good stuff. What are some of the things you want to leave behind in 2015? Are there particular experiences or people you are saying goodbye to? Do you have any beliefs and habits you want to release?

6. What do you want to take with you into 2016?

With the new year approaching on the horizon, you don't have to leave everything behind in 2015. You get to start the new year with experiences, people, beliefs and practices that helped make your 2015 special. What do you want to bring into 2016? What will help to provide a foundation for 2016 from which you can spring forward?