

Your Top 10 for 2018

Wow! Another year flowing by like a river called to the ocean.

So much happens in a day, let alone a whole year. As 2018 is ending and 2019 is beginning, give yourself the chance to reflect on your year to gather the gems, receive the lessons, and harvest the gold from 2018.

Allow the following questions to guide you into the deep space within yourself that knows your truth and honors your soul.

What happened in 2018?

What was the biggest challenge you faced in 2018?

What surprised and delighted you in 2018?

What was the biggest transformation you experienced in 2018?

What is the most significant thing you learned in 2018?

Fill in the circle with the core energy you cultivated in 2018.



## What are your Top 10 experiences from 2018?

- 1. 2. 3. 4. 5. 6. 7. 8. 9.
- 10.

Celebrate your Top 10 for 2018!