***Getting Started - Reflections & Dreams***

**In the empty boxes name at least one specific thing related to the topic in the circle.**

* You do not need to fill in all the boxes. Just begin by whatever comes to mind.
  + In the Reflection/s Column - Name one or more important events (joys or sorrows)
  + In the Dream/s Column - Name one thing you hope to:

sustain, enhance, let go of, or add in the next year

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| **Area of Life** | **Reflection/s on the Past Year** | **Dream/s for Next Year** |
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**List one or two things you can think of related to the topic in the box below**

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| Values and/or purpose in your own life |
| Concerns About Our Nation and the Nations of the World |
| Environmental Concerns for our planet |

**Your Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ The Date: \_\_\_\_\_\_\_\_\_\_\_\_\_**