



Reflecting on 2020 & Envisioning 2021

As 2020 draws to a close and 2021 fast approaches, I remind myself of the importance of taking time to stop, reflect, think, and plan, especially this year of such change and unknowns. In past years, I have found the investment of time to do this quite beneficial, and I invite you to do so, too, for 2020/2021.

While many are glad to see 2020 end, spending time to reflect on the year may be helpful to process the experiences of the year and to heal and move forward in 2021. Reflecting on 2020 provides time and space to synthesize the monumental events of the year, enjoy some memories, feel gratitude, perhaps process and let go of some challenges and pain, and learn. Reflection offers the opportunity for focus and closure. Once you have thought back through your year, investing time in envisioning your new year (including a vision of getting a vaccine) can be helpful and fruitful. Making big plans for 2021 may feel out of reach right now, but setting small, concrete, and achievable goals or plans may feel more doable.

Recognizing 2020 has been a challenging one, I have simplified the reflection and planning forward process in the pages that follow. Set aside 1-2 hours to do the process. To enhance the process, consider sorting through this for yourself and then sharing your thoughts with a significant other or close friend.

Have fun with this and let me know how it goes!

Wishing you a healthy and hopeful 2021,

Marti

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Reflecting on 2020

As you revisited the year, what surprised you about how you managed and responded to the challenges of this year?

What were the changes and unknowns that most affected you?

What were your biggest challenges?

What did you learn about yourself this year?

What are you most proud of yourself for doing this year? What are you most proud of about your response to the challenges of the year?

In the midst of all the change of this year, what were losses you experienced?

And, in the midst of the challenges of the year, what are you most grateful for?

What energized you or provided you strength to navigate the hard times?

Who were the people who supported you in 2020?

What, if anything, do you want to let go of from the year?

What do you want to carry forward from 2020 into 2021?

Envisioning 2020

While there remain many uncertainties for the year ahead, it is still useful to move forward into 2021 with intentionality. The questions below are for your consideration as you set goals for yourself for the new year.

Who are the people you want to invest more time and energy in this year?

Is there some particular new learning you want to do this year to grow?

What are your plans for being kind and caring for yourself this year?

What are you going to do for fun this year?

Is there one thing on your bucket list, probably not travel-related, that you want to work on this year? If so, what is it?

What do you want to let go of from 2020?

What do you want to carry forward from 2020 into the new year?

After thinking about the above questions, identify the 3 most important efforts or goals you want to focus on doing this coming year.

1. _____
2. _____
3. _____

To make these efforts manageable and achievable, think of small, first steps. What are three small, incremental steps you can take to begin your work on each effort or goal (Hint- scheduling it into your planner/calendar is a great step)?

Goal #1:

Small step: _____

Small step: _____

Small step: _____

Now you have intentions and plans for 2021, even in the face of many unknowns. And, you have thoughts about what it would mean for you to explore and grow from your efforts. You are ready to take on 2021.

I hope this exercise has been thought provoking and enjoyable for you, and that your 2021 is full of intentional efforts and growth.

To stay on track, I encourage you to commit to rereading your plan periodically. How often will you do this? _____

It can also be helpful and freeing to revise and edit your goals as the year moves along. This statement can be a useful reminder: I give myself permission to revise and edit my plan when I review it, based on my progress with my efforts and goals and the realities of my life as the year progresses.

I plan to invest in 2021 with the intentional efforts and goals I have defined above:

Signature: _____ Date: _____

Wishing you a happy and healthy 2021!

Best regards,

Marti