

✨ Year-End Review & Intention-Setting 2023-24 ✨

A Virtual Group Workshop from Miki Johnson at [Leading By Example](#)

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## Reviewing 2023

*Adapted from [Unraveling the Year by Susannah Conway](#)*

PART 1: In thinking about your 2023...

- What are you grateful for?
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- Where did you practice bravery?
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- Where did you let fear hold you back?
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- What are you proud of?
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- What skills or qualities made those accomplishments possible?
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- What did you learn about yourself?
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- What were your biggest challenges?
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- What tools or allies did you utilize to meet those challenges that might help you in the future?
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- Is there anything that needs to be forgiven (yourself or others)? Are you ready to forgive? If not, what might help smooth the way?
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Think about your favorite day, moment, or occasion. Draw or describe it in words. What did you see, smell, hear, taste. Where were you? Who were you with? How did you feel?

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PART 2: Reviewing all you've written....

- What gifts did 2023 offer you on your life journey?
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- Describe the year in 3 words.
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- If 2023 was a film or book, what would it be called?
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## Your 10-Year Vision

From [\*The Remarkable Life Deck\*](#) by Debbie Millman

Close your eyes and imagine your ideal life in 10 years....

- Where do you live? Describe your surroundings.
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- Describe your relationships with the people in your family. What about your friends?
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- Are you in a relationship? Describe who you love most, what they are like and why you love them.
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- Describe yourself physically. How is your health? How do you take care of yourself?
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- Do you have a spiritual practice? If so, what does that entail?
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- Where do you work and what exactly do you do?
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- Outline your relationship with money. How much do you need? How much do you want? What do you want to do with it?
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- What do you do for fun? How do you give back to your community?
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- Anything else?

## Year-Ahead Planning

From [\*Chris Gillebeau's How To Conduct Your Own Annual Review\*](#)

Choose 6–12 categories\*, and write them here:

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\*Example categories (these are Jackson's and mine): Our home, our relationship, personal growth, personal expression, health & wellness, friends & family, experiences, finances

Now create 3–5 measurable goals under each one...

Extra credit: fill in “actions required” over the next year to achieve each goal. You'll find a spreadsheet template in Chris' [blog post](#).

You might also like to pick a theme for the year...

## Setting an Intention

*I learned to work with intentions from [Following Energy](#) with Staci Boden and especially her book, [Turning Dead Ends Into Doorways](#). Learn more about intentions from [this episode](#) of Staci's following energy *podcast*.*

What did you notice during the visualization?

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Possible Intentions\*

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\*Example intentions:

- Body: health, nourishment, pleasure, rest
- Relationships: connection, support, reciprocity
- Career: vision, balance, commitment
- Leadership: integrity, support, freedom, flexibility
- Finances: prosperity, flow, sustainability, wealth
- Creativity: inspiration, flow, vision, expression

Extra Credit: Create an art object to keep in a visible place to remind you of your intention. Some ideas...

- Write it on a card and draw around it.
- Collage images that remind you of it.

- Find a photo of someone who embodies the energy of your intention.
- Put it on your phone home screen

Extra Credit: Create a ritual to help you stay in relationship with your intention and/or goals for 2024. Some ideas....

- Set aside 30 minutes once a week to journal about your intentions/goals.
- Light a candle in front of your intention card each morning, look at your intention, then say it to yourself as you blow out the candle.
- Choose a scent that reminds you of your intention and take a special bath using that scent once a month; contemplate your intention as you soak.

## Additional Resources

If you're into astrology...[Chani Nicholas](#) is my favorite astrologer and I really like her year-ahead forecasts. You can find versions of them in her...

- [Astro planner](#)
- [2024 guidebook](#)
- [Chani app](#)

If you're into Tarot

- I usually do a [Celtic Cross](#) reading near the new year. This is the most common Tarot spread that most people know, but it's also somewhat complicated, so I use simpler spreads more often and save this for big life transitions (like a new year or birthday).
- If you'd like a guide, I'm happy to gift you a 90-minute Tarot session (or session to activate your intention). Let me know if you're interested or [book a quick call](#) and I can share more details.

If you want to stay in touch

- One thing I'm proud of this year is reimagining my newsletter as a "museletter," where I share short video musings about my in-the-moment insights along my own personal and professional growth journey (my business is called "Leading By Example" after all!)
- This is mostly a way to stay in conversation with a slightly wider group of friends than I can 1:1, but it's meant to stay way more intimate than social media (which I've almost entirely divested from). Please sign up if you feel called: [Leading By Example Museletter](#)