

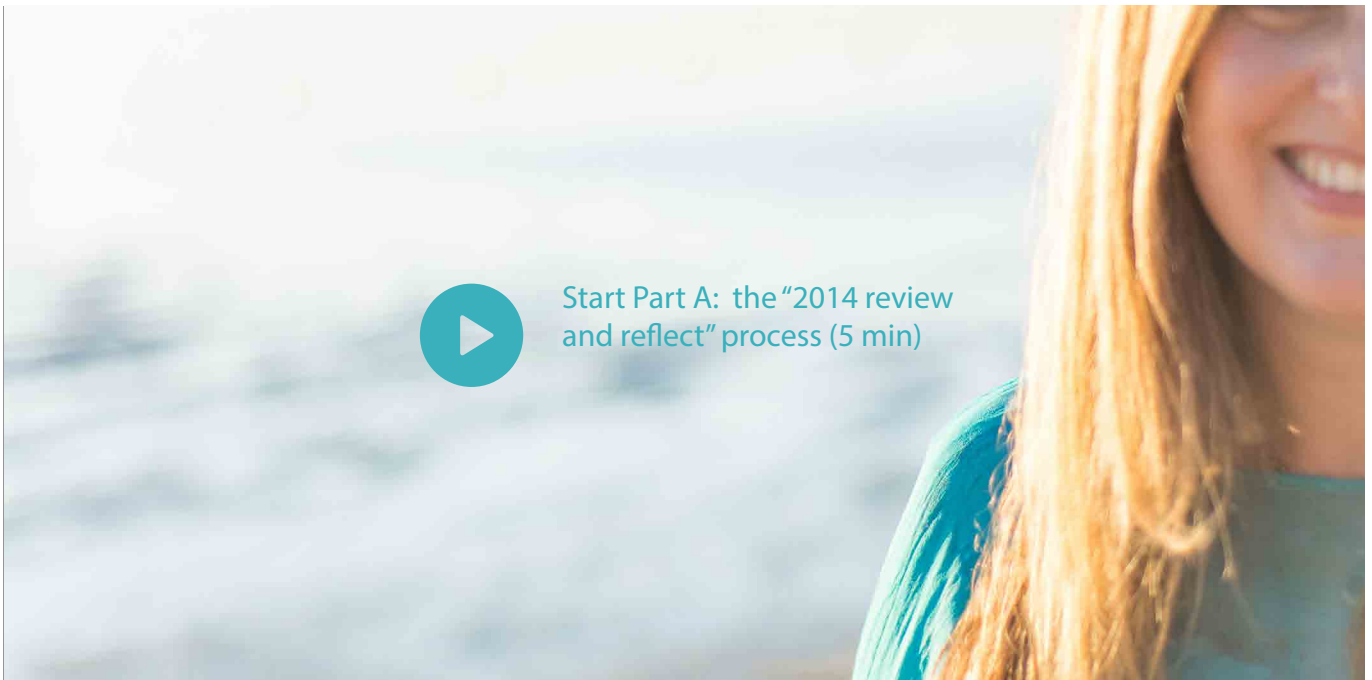
**2014 wrap**

**2015 new**



Deborah Jackson  
PSYCHOLOGY

# PART A - 2014 WRAP-UP



What was the landscape and feeling tone of 2014?

(Fertile, lush, barren, overgrown, mountains and clear seeing, small corners of a garden or a river? Gentle? Demanding? Rushed? Revealing? Open? Shut-down? Loved-up? Sensual?)



What are you most proud of?  
(External or internal world?)

How has life delighted you this year?  
(What made you gasp at the beauty, meaning or pleasure in something?)

What are you most grateful for?  
(Something that was hard at the time or much needed? An insight or perspective? Something that makes you feel alive with the gratitude.)



What almost got the better of you this year?

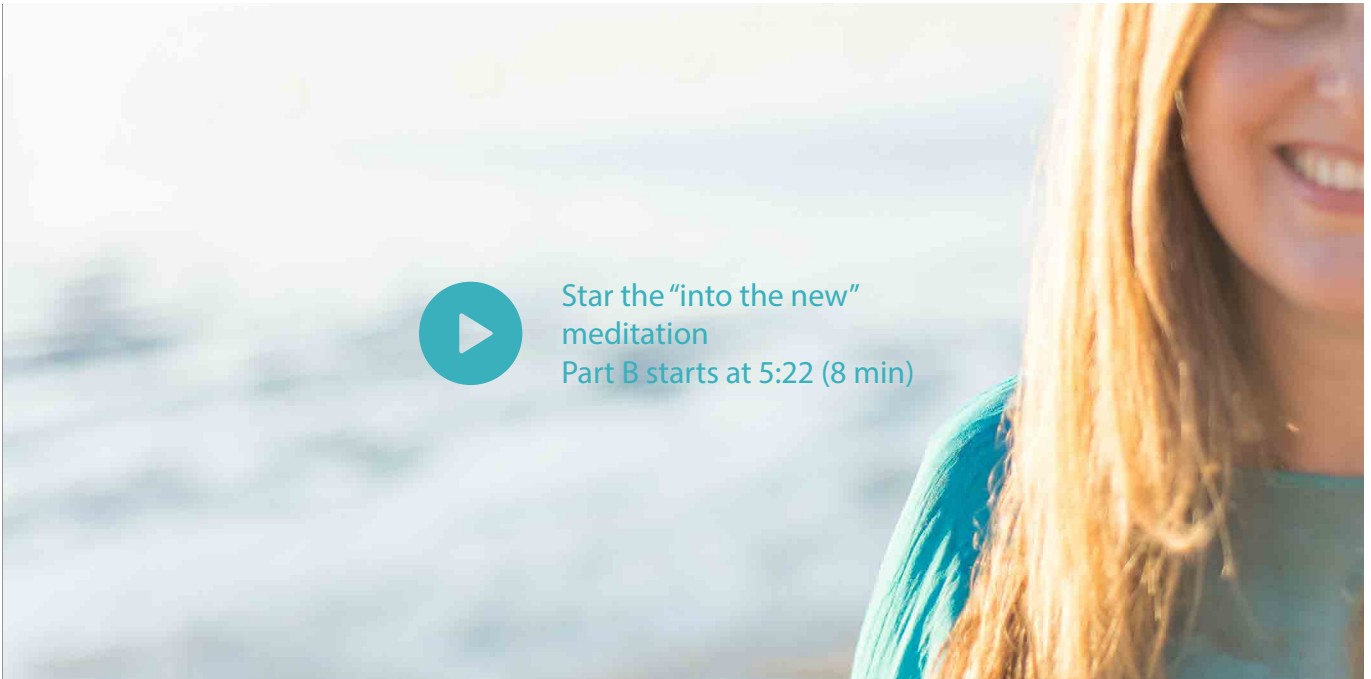
(Lifestyle, self-doubt, gnarly relationship, struggle at work, depression, anxiety or other psychological concern).

How did you get yourself through it?

(What strengths and resources did you find within you)

What was bittersweet in 2014? How did that enhance your connection with what is most meaningful in your life?

# PART B - 2015 'THE NEW'



As you take a conscious breath or two or three .. and settle ... down through the layers of your feelings and sensory experiences into your true and authentic self, into awareness of being, what do you notice?

What's there for you, under all "the stuff"?  
(Deepening, settling, expansion, opening, emptying, filling, vibrating .... )



What's emerging?

If you have been aware of anything like a New Year's intention forming, notice how it is the same in some way as what is already here with you, right here, right now.

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