

# The Heart's Voice - Who Did You Become This Year?



**Take a moment, or a few, and remember the events of the past year.**

Simply recall where you were and what kinds of things you were doing, and with whom, over the past 12 months. This will help to jog your memory when you start digging into the questions that follow.

If you like, you can grab your calendar or your PDA or sit down in front of Outlook and jot some notes about the significant events of your year.

## **1. What were your favorite moments of the year?**

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## **2. What new things came into your life that you're grateful for? (people, places, habits, books...anything)**

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**3. What did you want or desire in the year just past that you received?  
Take a moment and be in gratitude for these things, acknowledging the  
affect they've had on your life.**

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**4. What milestones or markers did you pass?**

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**5. What were the moments that held the greatest meaning for you?  
Who were you with? Where? What were you doing? Why were they so  
meaningful?**

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