

Seven Steps for Moving Into the New Year

by Jane Elizabeth Hart, Center for Enlightenment

Step One: Thank You, God!

What are you thankful for regarding this year?

What did the year give you?

How has this year been important in your life?

Step Two: Good Times

How did this year bring new and joyful experiences to your life?

Write down specific times that you were especially happy.

To jog your memory, look through photo albums, listen to special songs, etc.

Step Three: Unfulfilled Hopes and Missed Opportunities

What were your hopes and dreams for this year?

How did you hope the year would end?

What remains unfulfilled?

Step Four: Disappointments and Difficulties

What do you feel most disappointed about regarding this year?

What is the most difficult thing you had to do this year?

What decisions, attitudes, and beliefs do you have about the year?

How are these decisions affecting your life?

Step Five: Forgiveness

What is the hardest thing to forgive about this year?

How is unforgiveness going to affect your life?

What is causing you not to forgive?

Step Six: Review & Release

To help you release, write a letter to God releasing the year. Say a prayer releasing all persons, events, and situations. If this step is too difficult to do sincerely, more work in the previous steps needs to be done.

Step Seven: Completion

Surrender the year to God—and open yourself to new possibilities in the coming year.