



OF KIN

## REFLECTION LEADS TO GROWTH

Look back on the year just passed. Describe a moment where you chose courage. How do you feel about that moment now?

What would you like to keep doing (or do more of) in the year ahead?

What would you like to stop doing? What would you like to start doing?

How are you going to choose courage and find the strength to make those changes? Who will you look to for advice, support, tea dates and a good hug?

*Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. Carl Jung.*