

Presented by BU Happiness College

# End of Year Reflection, Gratitude & Intentions

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"Year's end is neither an end nor a beginning  
but a going on"  
- **Hal Borland**



# The Map Method

"There is only one map for the journey of life  
and it lives within your heart"

- **Willie Nelson**



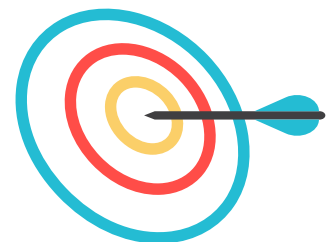
## 3 Steps to Setting Your Course



STEP 1:  
Preparation



STEP 2:  
Reflection



STEP 3:  
Intentions

# Step 1: Preparation

## Part 1 - Movement



## Part 2 - Breathing



## Part 3 - Meditation/Mindfulness



# Step 2: Reflection



The Weeds



The Flowers



The Fertiliser



## Step 2: Reflection Continued

Use the journaling prompts below to help you deepen your reflection of the year

How did I grow as a person this year?

What challenges did I overcome this year?

What happy memories did I create this year?



# Gratitude Letter

Write a letter below thanking someone who helped you  
this year

A large, light green rectangular area intended for writing a letter. A vertical green bar is positioned on the left side of this area, extending from the top edge down to the middle of the page.





# Step 3: Intentions

Use the journaling prompts below to help you set your intentions for the coming year

Moving forward, what do I want to let go of?

Moving forward, what do I want to do less of?

Why do I want to let go of/reduce these things?



# Step 3: Intentions Continued

Use the journaling prompts below to help you set your intentions for the coming year

Moving forward, what do I want to add into my life?

Moving forward, what do I want to do more of?

What will these things bring to my life?



# The Letter to Self

Write a letter below addressed from your future self to your current self

A large, light green rectangular area intended for writing a letter. A vertical green bar is positioned on the left side of the area, extending from the top edge down to about one-third of the way down. The rest of the area is empty, providing space for the letter's content.

A photograph of a person with dark hair, wearing a dark shirt, sitting and writing in a spiral notebook with a pen. The background is softly blurred, showing what appears to be a window with light-colored curtains. The overall tone is warm and focused.

# Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...