

What would it mean to finish this year softly—in your body, your spirit, your calendar?
Where did life surprise you this year?
What moments took your breath away—in awe, grief, or joy?
What did you release that once defined you?
What part of you feels most alive right now?
What sacred "no" did you say this year—and how did it feel?
What would you love to stop proving?
What beauty did you create or witness—just for the sake of beauty?

How has your relationship with time or rest shifted this year?
What has your body whispered to you lately?
What wisdom emerged from the quiet or the chaos?
What dream, desire, or creative spark is asking to be tended in the coming season?
How have you deepened your connection to the sacred, the mysterious, or the self?
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What would it feel like to let this year end softly, rather than rush to complete it?
If your year was a story, what title would you give it?