

## ~ Self-Loving Annual Review: Worksheet ~

Brought to you by *Akasha Love*

What was the most **self-loving thing** you created in your life this year?  
(Hint: this can be anything; a physical space, an emotional space, a relationship [this can include a new more loving relationship with yourself!], an adventure, an art piece)

In what ways did you step out of your comfort zone this year and into your fears?  
What did you learn about your fears from this experience?

What did you let go of this year, which allowed more space into your life?  
(Hint: could be a belief system, an idea about yourself, a project, a job, a place, a relationship, a friendship)

What limiting self-concept did you let go of this year? (Hint: The idea that I am not 'good enough' to go after *THAT* dream, any idea of **that thing** will NEVER happen for me)

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What thing that you have been putting off did you do this year?

What new beliefs about yourself and your capabilities did you plant this year?

What adventure did you plan and create for yourself and / or others this year?  
(Hint: Can be as simple as a picnic with friends – **not** so simple in the year of Coronageddon! - or as complex as a new business or a new career)

What was the key thing you learned this year?

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What were your Top 10 Highlights of 2020?

1.

2.

3.

4.

5.

6.

7.

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8.

9.

10.

What energy / activity / creation / feeling would you like to bring in to next year? And what would you like to be your focus for next year?

(Hint: here you can include goals if you are a goal setting type of person. Can be around relationships, family, personal growth, exercise, health, artistic project, work, travel, anything really.)

### **Congratulations!!!**

You have just completed the *Self-Loving Annual Review*! You deserve a big bath with Epsom salts, nice music, floating frangipani flowers and some chocolates (don't drop them in the water!). 😊