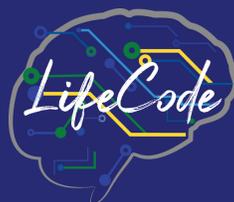


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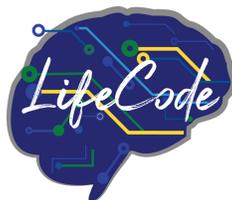


A Yearly Reflection Journal



Reflection.
***Looking back so the view
forward is even clearer.***

Unknown



So 2020 is over. Now what?

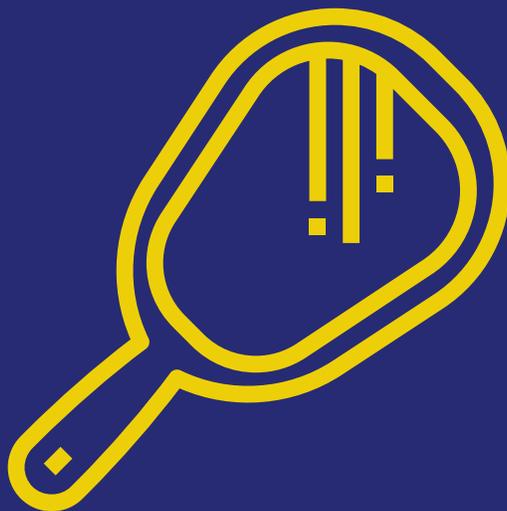


One of the most difficult years in recent memory is about to be over. Let's kiss 2020 goodbye.

But wait!

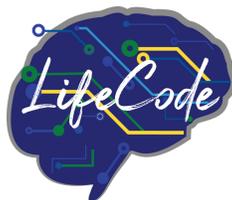
Before we do that, let's take some time for reflection. While this year may have been full of hardship, sadness and loss, there have also been opportunities for rest, care and connection, maybe even growth and success.

In order for you to move forward, into a new year and new possibilities, it is necessary to reflect on what has passed, not to linger on what could have been, but to glean the lessons from those experiences.



***We do not learn from
experience. We learn from
reflecting on experience.***

John Dewey



Reflection is a dialogue with yourself



However, reflection is not always easy.

Asking deep questions requires difficult, sometimes uncomfortable, answers. Answers that may not make you feel good about where you are in life or the decisions you've made. But in order to change negative behaviors, you have to confront the issue head on.

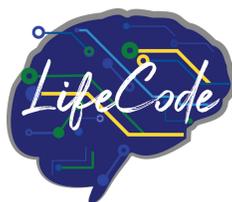
So let's dive in!



Image Credits: Torben Grocholi; Coline Robin

Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice.

Unknown



Write It Out



1

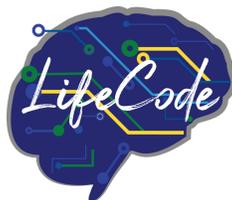
What were some of my most powerful lessons this year? Why?

2

What were some of my most challenging moments this year? Why?

***Without reflection, we go
blindly on our way, creating
more unintended
consequences, and failing to
achieve anything useful.***

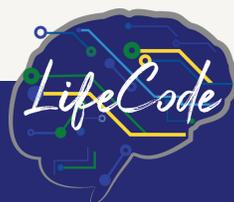
Margaret J. Wheatley



Write It Out

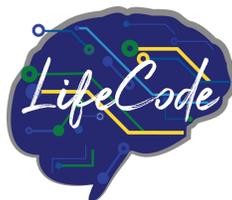


3 What false narrative did I rewrite this year? Or what false narrative can I rewrite for the new year?



***Knowing your own darkness
is the best method for
dealing with the darkneses
of other people.***

Carl Jung



Write It Out



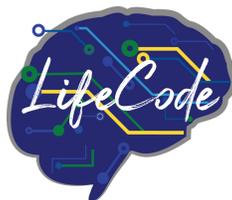
4 How did my relationships evolve this year?

5 How can I communicate better with the people in my life?



***The more reflective you are,
the more effective you are.***

Hall and Simeral



Write It Out

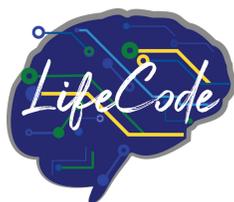


6 What am I starting in 2021?

7 What am I leaving in 2020?

***We don't see things as
they are, we see them
as we are.***

Anais Nin



Write It Out

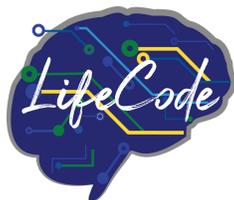


8 What am I continuing into 2021?

9 What are my top 4 goals for the new year?

***Knowing yourself is the
beginning of all
wisdom.***

Aristotle

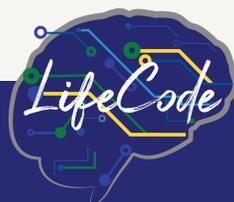


Write It Out



10 What advice would I give to my future self, having made it through 2020?

A large, empty white rectangular area intended for writing a response to the question above.



Things to Remember

1

*Be honest with yourself
about your answers*

2

*Turn what you learn
into ACTION for change*

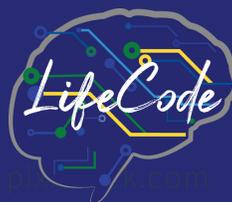
3

*Ask for support if you
need help making
changes*

4

*Be gentle with yourself.
No one is perfect and
you can give yourself
grace*

*Honest self-reflection opens your mind to
reprogramming, change, success and freedom.*



For the Year Ahead...



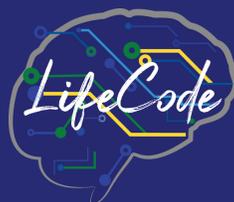
*What is your word for 2021?
(Pick one word that you will bring to your
interactions for the year ahead)*

How will you take care of yourself in 2021?

*What will you do to step outside of your
comfort zone?*

How will you take care of others in 2021?

How will you be different at the end of 2021?



About LifeCode



LifeCode is an intensive personal development framework that provides clarity for those on a quest to better understand *H.T.M.L. – How To Make a Life*. The answers revealed on this journey will look different for every individual, so I work with my clients to maximize their impact in four key areas: **Personal, Relationships, Professional, and Community**.

Each key area has 4 pillars to support it.

Each program is personalized, customized to each client's profile and feedback based on our coaching sessions. Each unique LifeCode is compiled through our commitment to help execute your path to success.

My name is **Yvonne Davenport-Perkins**. I am an accountability and confidence coach, New York City native, wife, homeschooler and mother of 3 young men. I have 20 years' experience in Business Administration and Project Management, I am an organizational specialist and expert planner.



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