



End of Year Completion Journal





What is a Completion?

A Completion is an intuitive exercise that allows you to reflect on and celebrate all the things you've done. It encourages positive learnings and takeaways before moving forward. And it gives you an opportunity to let go of what's no longer serving you.

A Completion "closes a chapter" and propels you forward to what's next. It can be done anytime, for anything, and with anyone.

Learn more in my [End of Year Completion video](#) on YouTube.

Pull over to the side of your journey
and see how far you've come.





Get Prepared

Before you get started:

- Clear your mind. Empty out any head trash that will clutter your mind and block you from listening to your intuition.
- Shift away from task-oriented, logical thinking. There is no need for judgment and there are no wrong answers.
- Find a comfortable, quiet spot where you can get still and listen. You can do a short meditation or breathing exercises to calm your mind and energy.
- Simply let information drop in. Don't try to scour your brain for answers. Relax and it will come.

Instructions

Answer each of the following prompts. Write down whatever comes to mind. Feel free to use any format: bullets, narrative, or even drawings. Once you feel like you've emptied out everything that comes to mind for a prompt, ask yourself if there's anything else, at least once. Sometimes there are things we talk ourselves out of writing down. Everything is important. Everything is worth reflecting on and celebrating.



[illegible]

[illegible]

[illegible]



This image shows a full page of a notebook or worksheet. It features horizontal blue ruling lines spaced evenly down the page. On both the left and right margins, there are decorative orange-colored geometric patterns, resembling stylized mandala designs or traditional motifs. The central area between the patterns is white, providing space for writing.

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Additional prompts to consider

- What does this say about me?
- What is the truth?
- What have I resisted/avoided?
- What have I tolerated?
- What is true for me to embrace?



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