



Year End Reflection

for Activists & Advocates



You've spent a good part of this year caring deeply, standing up for your beliefs, and bearing witness to challenges that can be overwhelming. Take some time to reflect on the past year and set intentions for the year to come. For each question, focus on your experiences related to the issues and causes that are most important to you.

JOURNALING/SHARING Prompts

What did you pay attention to? (Where did you focus your efforts?) Did your focus change throughout the year?

How did the year affect the way you relate to your values and beliefs?

What (if any) toll has this year taken on you emotionally, mentally, physically, and/or spiritually? Were those experiences different from the year before?

What have you learned? In what ways were you challenged to grow?

What's something that's gotten stronger or clearer for you?

What are you grateful for?

What activities have you been involved in related to the issues and causes you follow? Of those, which have brought you the most satisfaction and enjoyment? Which would you like to *keep* doing? Which would you like to spend *less* time and energy on or *stop doing*?

Do you feel a need or desire to explore new efforts? If so, what appeals to you, and how could you go about learning more?

If you've experienced any negative effects over the past year, what are some factors within your control that you could shift in the coming year?

Who supports you? If you don't have sufficient support (quantity or quality), how might you go about strengthening your support network?

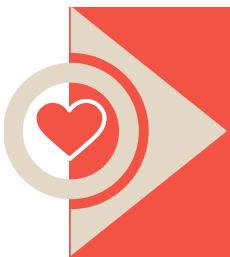
What goals or intentions do you have for the coming year? Who - or what - can help you to be successful?

Which of your qualities and skills will be particularly helpful next year?

Reflecting back on your answers, what are your main takeaways?

- Write down your goals and intentions and post them in multiple places.
- Choose a meaningful object to keep with you that represents a quality you're strengthening, an intention, or a supportive resource.
- Share this activity and your answers with a friend.

Thank you for everything you do and all you stand for.



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