September Reflection Ritual

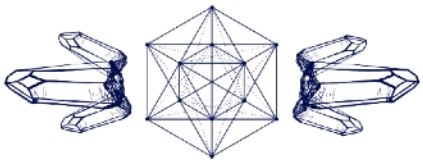
1. What do I remember about my life last year?

2. How has my life shifted or changed over the past year?

3. How have I grown, shifted, or changed over the past year?

4. How do I see the world differently?

5. How do I see what is possible for my life differently than I did in September of 2020?



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