

REFLECT  
REST  
DREAM

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*Use this guide to guide your reflections on the past year, rest during the beginning of another winter, and dream for what's to come.*

Emily Loveall  
Mindful Life Coach



# REFLECT

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*“Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.”*

— Carl Jung

- If 2022 had a color, what would it be? A smell? A texture? A taste?
- What's something you did (or created or felt or accomplished) in 2022 that you're proud of?
- What disappointed you this year?
- What was your favorite season this year?
- Who impacted you the most this year?
- Who do you think you had impacted the most?
- What's the most important thing you learned this year?
- Was there anything you weren't fully present for?
- What were you fully present for?
- What will you remember most in the coming years about 2022?
- Make a playlist of your top 10 songs or albums
- Make a playlist of songs that captures your journey this year
- List your top 10 favorite moments
- List your favorite new places you visited
- List all the things you did for the first time
- List the things you did for the last time
- Make a collage of your 9 favorite pictures (your own or someone else's) of the year



# R E S T

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*"If rest is another dimension, which I think it is, I think the more we go there, the more we're going to wake up."*

— Tricia Hersey



- Take a social media break and journal every time you're tempted to scroll
- Make a list of things you're going to stop doing in 2023
- Make a list of the things in your life that you're grateful for. Then choose one or two to enjoy for an extended period of time. If you're grateful for macaroni and cheese, find a gourmet mac and cheese restaurant and treat yourself.
- If you have kids, arrange for childcare for a few hours so you can do any of these things without distractions. We can definitely rest with children around, but sometimes it's simply easier to without them.
- Nap
- Get a massage
- Read
- Meditate
- Go for a picnic
- Watch a nostalgic movie
- Go on a scenic drive
- Call the Nap Ministry Hotline for a recorded rest message (1-833-LUV-NAPS)
- Take a long bath with all the amenities: bath salts, candles, relaxing music
- Put on headphones and listen to the playlists you made during your reflection time



# D R E A M

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*“Yes: I am a dreamer. For a dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world.”*

— Oscar Wilde



- How do you want to feel at the end of 2023?
- Who do you want to be in the coming year?
- What do you want to make certain you're present for?
- What are your goals for 2023? These could be small things (start making protein shakes) or big things (move to Canada)
- What goals could be left behind? Which goals are "grind culture"? Which ones are not your true desires?
- With these in mind, choose a word for the next year. This is a word you can always return to when you're feeling uncertain or when you need inspiration or direction. Something to remind you of your intentions for 2023.

Envision the PERFECT day. Imagine this day will happen September 15th, 2023. Write down, in specific detail, your ideal day for 9/15/23.

Dream big and don't hold back.

Include details such as:

- What you wear and eat
- Projects - your job or creative pursuits
- Leisure time
- When you wake up and go to sleep
- Who you're with, if anyone at all

Reflect on this day and what you need to achieve it. Use the action planning guide on the next page to help you.

# ACTION PLANNING GUIDE

*Use this guide to help you plan for your perfect day and make it a reality*

What in my perfect day do I ALREADY have?

Here are the ways I plan to cultivate gratitude and presence next year for the blessings in my life:

What is out of my reach right now? Make a list. ("The new apartment." "Getting up at 7am.")

For each item on the list, answer these questions:

What are the tangible, measureable steps to achieving this thing?

What do I need to believe to accomplish these steps?

How can I have fun with these steps?

What obstacles could I come up against?

On a scale of 1-10, how much do I believe this?  
*(Return to this question many times throughout the year)*

How will I reward myself at the end?

How can I prevent or overcome them?

How can I create evidence to support this belief?



# GET COACHED

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I'm Emily, a writer, teacher, and coach. I'm offering you a free 30 minute call to help you with your action planning.

Contact me any time before the end of January, and I can help you:

- Envision your perfect day
- Practice gratitude and presence for what you already have
- Plan out measurable steps to get you where you want to be
- Bolster your self-confidence and belief
- Prevent and overcome obstacles on your way

Start the new year feeling inspired, planted in sufficiency, and working toward what you want.

Contact me at [emily@openpresencenow.com](mailto:emily@openpresencenow.com) or on Instagram [@emilyloveallcoach](https://www.instagram.com/emilyloveallcoach)

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## OPEN PRESENCE

Life coaching with Emily Loveall centered around the Enneagram, mindfulness, spirituality, and joy