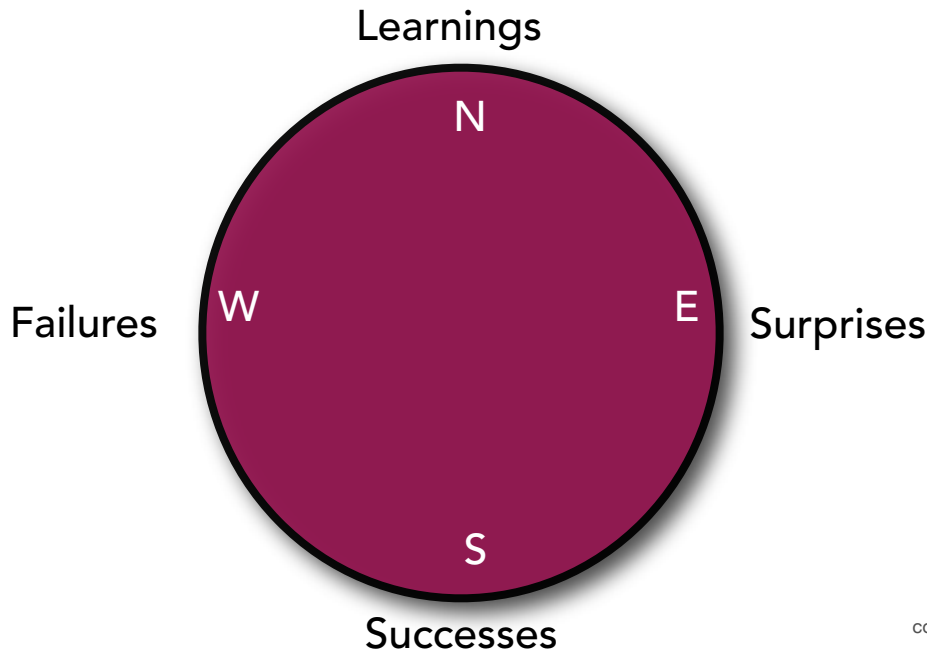


The New Year Core Four™

ONE: My Story

Unravel and Tell the Story of Your Past Year Using The Wheel of Reflection



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About The Wheel of Reflection

Passed down for thousands of years through Native American tribes, this wheel is one of many ancient and sacred “medicine wheels” used for wisdom and guidance in one’s life. These wheels, which always include at least four of the directions, allow us to look at our lives as observers, taking time to pause and see from the outside in. One always moves through the wheel one direction at a time, usually counterclockwise. This particular medicine wheel helps us reflect on a specific time period, in this case the year that has been. By examining the surprises, successes, failures and learnings of the past year, you’ll be better equipped to move into the new year fresh, taking only what you consciously decide is worth keeping. The wheel gives the gift of telling your story, taking in the valuable lessons and letting go of the rest.

Using the Wheel

You’ll need some way to capture your thoughts as you move through the wheel... a journal, sketchpad, computer, anything that takes your thoughts and makes them physical. Thinking through the wheel is not enough.

- Start in the East with Surprises. Let yourself think back through the entire year and freely write everything that comes - no editing! Challenge yourself to just let the experiences and words flow and when it seems like you’ve captured everything, challenge yourself again to find more. There are always a few gems at the end.
- After Surprises, continue on to the South with Successes, repeating the process of thinking back through the year and transforming those thoughts into the physical. Go around the entire wheel, ending with Learnings.
- Go back and read through everything you captured. Write more if more shows up. Notice the themes. Let yourself see the story of the year that’s been and then be willing to close the storybook to start a new book for the new year.
- Ask yourself, “Is there anything else I need to do to let go of the year that’s been.” Listen intently for the answer. If there is anything else needed, write it down and decide when and how you will release it before the new year.