

## Completion of 2020

1. **Make the body graph recognisable & Write down your theme for the year.**  
As we go through the questions, check in where you felt it in your body, if any sensations, pain, discomfort or elation shows up in the body. Draw it on/around your body.
2. **Looking back, what was your THEME for 2020?** What was the theme you followed beneath all the day-to-day things. For example, trusting the process. **How did that theme compare to the theme you chose for 2020 (if you did this process last year).**
3. **Who is the person that had the biggest impact on your life in 2020?** The situation or the person might not have been positive, but the outcome of your encounter was one of growth and change.
4. **What is the one thing that you feel disappointed about in 2020? And what was the gift or the blessing in the disappointment?**
5. **What did you put a lot of energy into that did not give you the returns you wanted in 2020?** You might have been trying too hard, pushing in the wrong places, not reading the signs.
6. **What didn't work for you in 2020?**
7. **What are you most grateful for from 2020?** What is the lasting benefit that you can take into 2020?
8. **What are you really really proud of over the past year that you successfully carried out/did?** What does it say about your abilities in this life and how can you build on it in 2021?
9. **What did work for you in 2020?** Who or what?
10. **What was your biggest realisation in 2020?** This may be a truth that you are finally ready to face.
11. **See if there is anything that you need to acknowledge, let go or decide to be fully complete with 2020.**
12. **Burn the capturing picture of your body and old theme.**

## Setting the tone for 2021

1. **What THEME do you choose for 2021?** What energies do you choose to work with?
2. **What is the biggest learning, tool and/or insight that you will take into 2021 and build on?**
2. **What do you feel a heart opening or heart stirring for to be, do or have in 2021?**
4. **Who will you be by the end of 2021?** Complete the sentence... I am a person who is...
5. **What is your diamond from doing the completion exercise?**

# 2020

Name:

Theme:

