

# End-of-Year Retrospective



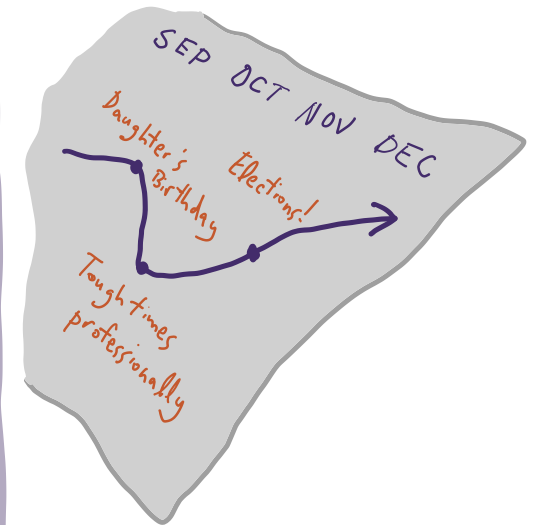
# and Celebration!



A set of exercises for reflecting on the highs and lows of the past year. A great way to make meaning (and art)!

You'll need:

- 2-4 hours
- 3" x 3" stickies (ideally 4 colors)
- 2 large (11" x 17") sheets of paper
- Markers & other art supplies



December 2020

Jan Feb Mar Apr May Jun Jul Aug Sep Oct Nov Dec

1. You're going to create a timeline of the highs and lows of the past year. Start by writing the months on the top or bottom of a large sheet of paper.

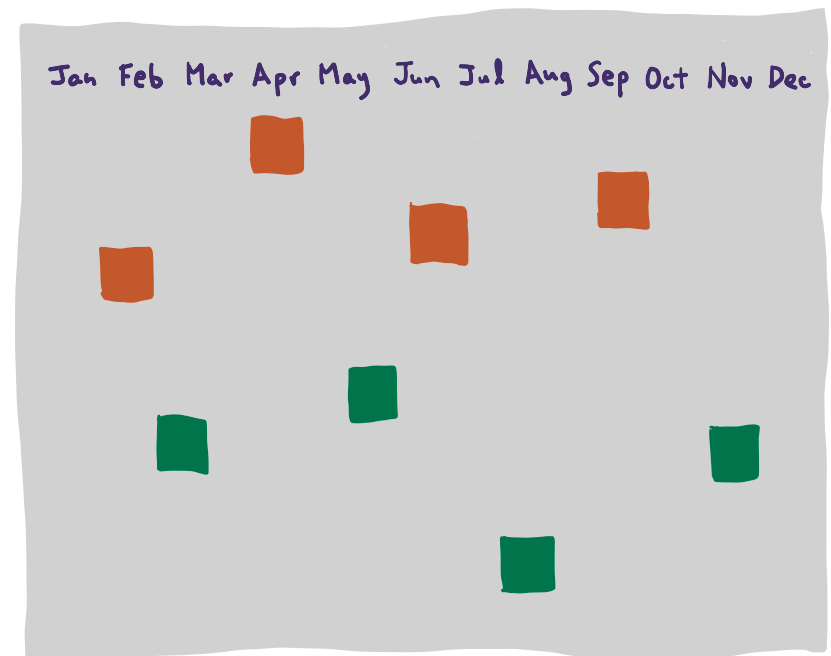
2. Without referring to anything, write down **highs from your personal life this past year** for about five minutes, one per sticky.

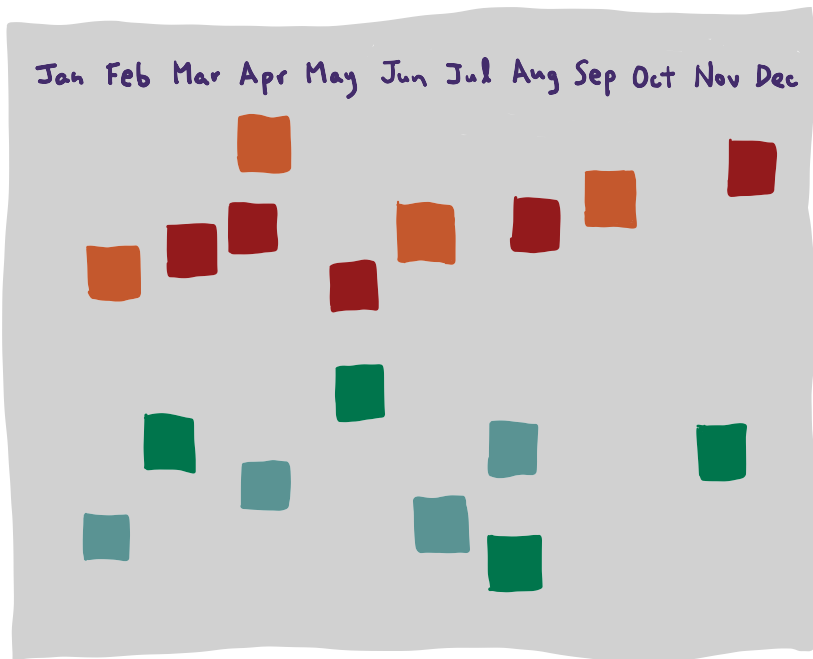


3. Place your stickies on the upper half of your timeline according to intensity. High highs go high on your sheet, medium highs go lower, but still on the upper half.



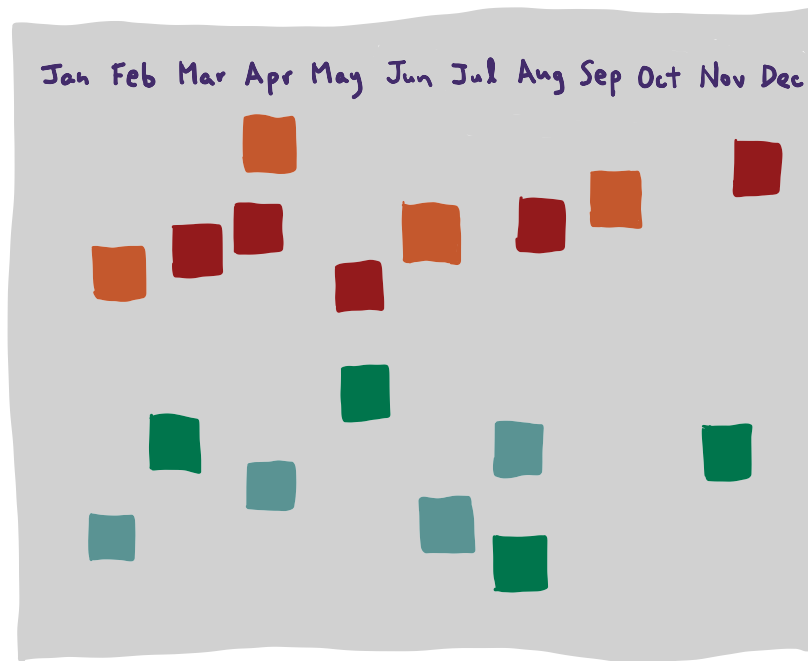
4. Spend five minutes writing your **personal lows of the year**, one per sticky. (Use a different color if you have one.) Place these on the lower half of your timeline, with low lows going lower on your sheet.





5. Repeat the exercise for the next 10 minutes for this year's **professional highs** and **lows**, using different color stickies if you have them.

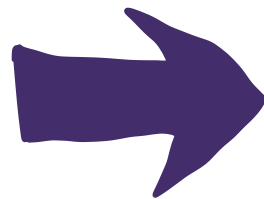
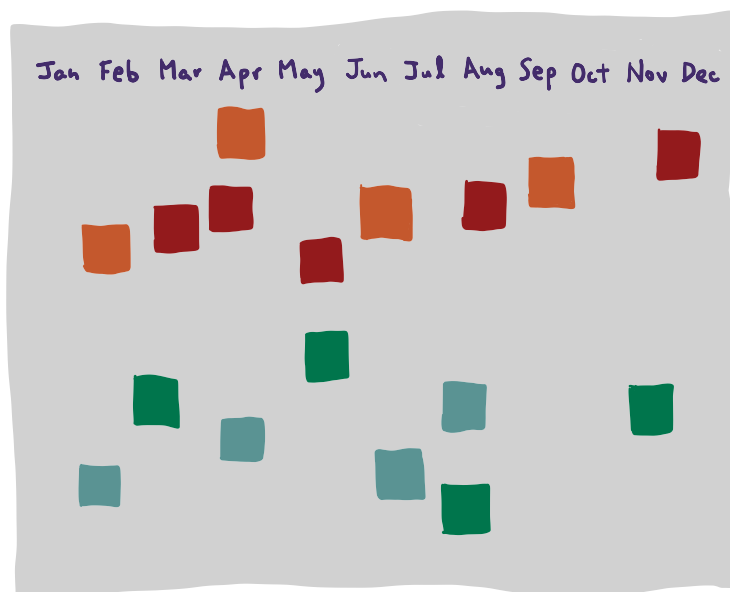
6. If you'd like, take 10-20 minutes to review your calendar, journal, photos — anything that might jog your memory. Add stickies you may have missed. Notice what you remembered and didn't.



7. Take a moment to reflect on your year. What patterns do you notice? What are you grateful for?

If you're doing this with others, share your reflections.

8. Now for the really fun part! For the next 1-2 hours, create a clean version of your journey map on a fresh sheet of paper. The simplest way to do this is to draw four curves representing personal and professional highs and lows, with labels and doodles. But feel free to veer from this and represent your past year however you'd like!



# Eugene's Eggnog Recipe



Reflection and celebration works best when drinking something festive. Here's my eggnog recipe in case you'd like to try it!

## INGREDIENTS

- 4 eggs, separated
- $\frac{1}{3}$  cup + 1 tbsp sugar
- 1 pint whole milk
- 1 cup heavy cream
- 3 oz bourbon or rum
- 1 tbsp nutmeg

## INSTRUCTIONS

1. Beat yolks until they lighten. Gradually add sugar, continuing to beat until dissolved. Add and combine milk, cream, booze, nutmeg.
2. Beat whites to soft peaks. Add tbsp of sugar and beat to stiff peaks.
3. Whisk whites into mixture. Chill and serve. Makes 6-7 cups.