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ANNUAL REVIEW

Journalling can be a great way to open the mind to the possibilities of the year ahead and to practise gratitude for the good things that have happened over the past 12 months. For milestone birthdays, this can be extended to looking back over the decade and forward into the next one. Here, Vanessa poses four questions to aid this reflection:

1. What was the best thing that happened to you in the last year?

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2. What did you learn in the last year?

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3. What do you hope will happen in the next year?

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4. What do you want to learn this coming year?

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A caring word,
a gentle reminder...
Fill in these Kindness cards,
tear them out, and pass
them on – tuck one in a
book, or along a
stranger's path



*'I really love your magazine so much and it's helped me
find a place of calm so many times'*

~ LISA

Breathe
and make time for yourself

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