Seven Steps for Releasing the Year

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Steps 4 and 5: Good Times and Gratitude

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1.	How did this year bring new and joyful experiences to your life?
2.	Write down specific times that you were especially happy. To jog your memory, look through photo albums, listen to special songs, etc.

Gratitude:

3.	What are you thankful for regarding this year?
4.	What did the year give you?
5.	How has this year been important in your life?
6.	What inspired you from this lesson's video?