

# Seven Steps for Releasing the Year

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## Step 1: Disappointments and Difficulties

1. What do you feel most disappointed about regarding this year?
2. What is the most difficult thing you had to do this year?
3. What decisions, attitudes, and beliefs do you have about the year?
4. How are these decisions affecting your life?
5. What else stood out for you from this video that is helping you release this year?

## Step 2: Hopes and Dreams

1. What were your hopes and dreams for this year?
2. How did you hope the year would end?
3. What remains unfulfilled?
4. What from the video stood out to you, and is helping you release the year?

## Step 3: Forgiveness

1. What was the hardest thing to forgive about the year?
2. What is causing you not to forgive?
3. What would happen for you in the new year if you don't forgive?
4. What will happen in the new year if you do forgive?

## Steps 4 and 5: Good Times and Gratitude

### Good Times:

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?

**Steps 6-7: Final Meditation**

1. How do you see this past year now that you have completed the process?
2. How do you see the year ahead now?
3. What do you feel you need for your spiritual expansion in the new year?
4. Write a commitment to yourself for the new year. What will you do for your spiritual growth?