



Kate Daigle Counseling

Nourishing Wisdom for
Eating Disorder Recovery

Kate B. Daigle, MA, NCC, LPC
709 Clarkson Street
Denver, CO 80218

tel. 720.340.1443
Kate@KateDaigleCounseling.com
www.KateDaigleCounseling.com

A New Year: Reflections and Intentions

Happy New Year! As a new year unfolds, we are invited to take this moment and reflect upon gifts and lessons from the past year and to set intentions for the year to come. As one of my favorite and most endearing cartoon figures, Calvin, tells his friend Hobbes: “Resolution? ME? Just what are you implying? That I need to **change**? Well, buddy, as far as I’m concerned, I’m perfect the way I am!”, we also must remember that **we are enough** just as we are in the present moment. We also can be thoughtful about goals we have for the coming year to build happiness, foster self-esteem, and help you live the best life possible. Here are some ideas to get the juices flowing:

Reflection

Imagine your life is a movie and you are tuned to the scene that occurred exactly one year ago today. Try to imagine that scene; who was in it? Where were you? How would you describe your feelings that day? Now watch your life over the past year in slow motion, as a series of scenes, until you get to the present moment. Now, reflect upon:

What were your top three successes this year?

What were the three biggest challenges this year? How did you approach them?

If you could write a title to the movie of your life over the past year, what would it be?

How will this title or message inform the next chapter of your life over the year ahead?

Intention

Now imagine you are watching a different type of movie. It’s the end of 2013 and you’re pausing to recognize yourself over this past year, a time that was better and brighter than you’ve experienced, a you that was saner, stronger and sweeter than ever before. The questions below can help you reflect on goal-setting in a mindful, peaceful way:

How were you physically to float through the year so gracefully?

What helped you mentally?

How was it emotionally?

What role did your spirituality play?

And what about your relationships—how were they?

What about time alone—how was your relationship with yourself?

What did you do differently?

Remember some of the thoughts, the feelings and the actions that helped you along the joys and challenges and busyness of this past year.

Who or what did you have less of this year than in prior years?

Who or what did you add more of?

What practices or relationships was it vital for you to continue though this year to make it so smooth?

Anything else that made you and this year so endearing?

Now, how can you invite these themes and choices into your life in a daily practice over the next year?