

Week 52 Practice

In this final week of your year of listening, loving, and living, your only task is to reflect upon your unfolding. What were the biggest changes you experienced this year? Did your transformation occur in expected ways? What surprised you the most? What frustrated you the most? What brought you the most joy?

In the conclusion that follows, you will be given an invitation to begin the year again. If you choose to do so, where do you want to focus your energies? Which part of the year are you most dreading? Anticipating? Spend some slow and quiet time this week contemplating the ways your intentionality has transformed your love of yourself, your love for others, and your love of life.

Friend, this year you have had the courage to show up.

You have my deepest respect.

I believe in you.

Grace and hope be with you.