

**How to do reflections on 2011 as facilitated and compiled by  
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Do the following exercise for yourself and help your children to do the same as a powerful acknowledgement on reflecting on your 2011. Give yourself credit for your successes and failures; for your blessings and stressings. Work through the 7 steps to help you to see your year was as great as it could be and give yourself acknowledgement for your effort and input.

**1. As I reflect on every month this last year, I remember what stands out for me in every month. I remember the good and the not so good:**

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

**II. The areas of my experiences and growth in 2011 in the following areas:**

Spiritual/religion:

Mental/mind:

Vocational/school:

Financial/money:

Family:

Social:/friends

Physical/sport/health:

**III: What were the benefits to me in my challenges I experienced the last 10 months? (List at least 15-20 benefits). This enables me to see my year as being on my way to where I want to get to and not as being in my way.**

**IV. What did I say/plan/set as a goal for me to achieve in 2011?**

**V. How did I manifest that?**

**VI. What were my biggest life lessons the last 10 months?**

**VII. Write a letter of gratitude to yourself for how you did the last 10 months:**

**Look out for the newsletter in January 2012 on how to set realistic goals and create the 2012 you really want.**