



# THESE ARE THE DAYS...

A look back in gratitude

A look forward in hope

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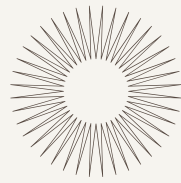
GUIDE CREATOR



DR. SAYRA GONZÁLEZ

There is something special about starting a new year. Sometimes you need to understand where you've been in order to set a course for where you are going. This guide is meant to help you reflect on what you've experienced this past year while also helping shift your gaze forward to the possibilities of the next year. Remember, there is grace to hold you and love to guide you, always.





# What experiences or events STOOD OUT?

Think about the different aspects of your life. As you look back on 2023, what significant events or experiences stand out to you?

FAMILY LIFE- GIVEN OR CHOSEN

INTIMATE RELATIONSHIPS

CAREER/ PROFESSIONAL/ STUDIES

PHYSICAL HEALTH

MENTAL HEALTH

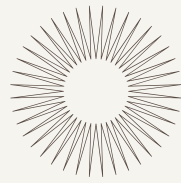
PERSONAL GROWTH

...HELP ME TO BELIEVE THE TRUTH ABOUT MYSELF, NO MATTER  
HOW BEAUTIFUL IT IS. ~SR. MACRINA WIEDERKEHR



WHEN DID I FEEL MOST LIKE  
MYSELF THIS YEAR?

- Where was I?
- Who was around me?
- What was I doing?



# Let's talk about DECISIONS

Let's take a look at the decisions, goals, dreams, and risks you've engaged in this past year.

Q1

What is the most important goal you've completed this year?

Q2

What was an unexpected dream come true?

Q3

What was the biggest risk you took?

Q4

What was the most important lesson learned this year?

WHAT WAS THE MOST  
IMPORTANT THING I DID  
FOR OTHERS THIS YEAR?



WHAT WAS THE MOST  
IMPORTANT THING I DID  
FOR MYSELF THIS YEAR?



# DISCOVERY

What important thing did I discover about myself this year?

A large, empty rectangular box with a light beige background, intended for writing the answer to the question above.

What was the biggest challenge I faced this year?  
How did I face it?  
What helped?  
What didn't?

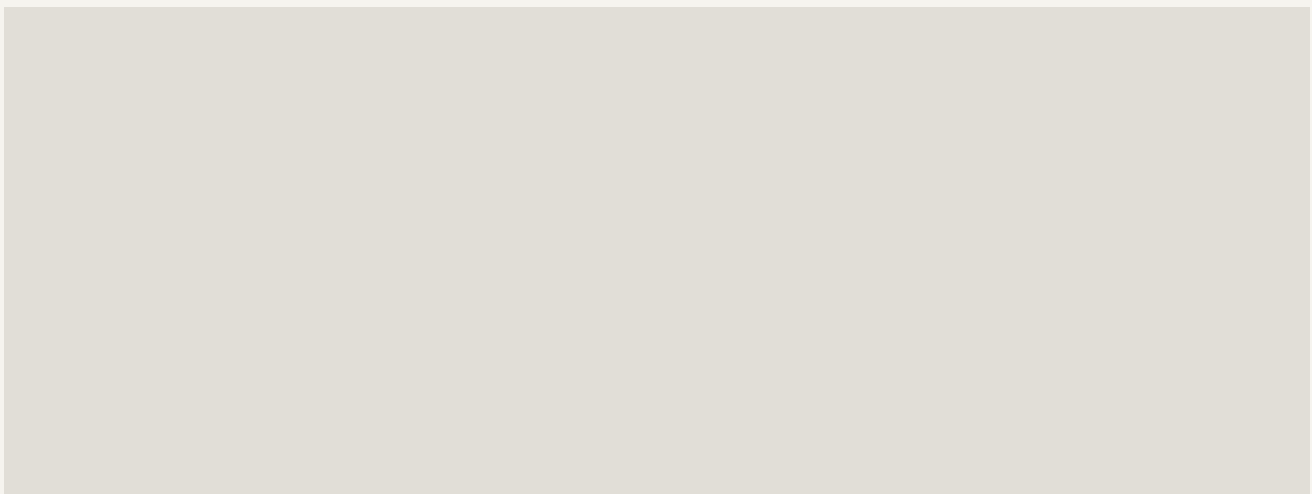
A large, empty rectangular box with a light beige background, intended for writing the answer to the question above.

Who showed up for me this year?

A large, empty rectangular box with a light beige background, intended for writing the answer to the question above.



WHAT IS A 2023 MEMORY THAT IS  
GOING INTO THE HIGHLIGHTS REEL  
OF MY LIFE?





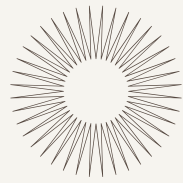
WHAT DO I WANT TO HOLD ON  
TO FROM THIS YEAR?

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WHAT DO I WANT TO RELEASE?

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Let's talk about  
**WHAT I WANT**

Let's take a look at the things you want in the new year.

Q1

What do I want to discover in 2024?

Q2

What do I want to say "No" to?

Q3

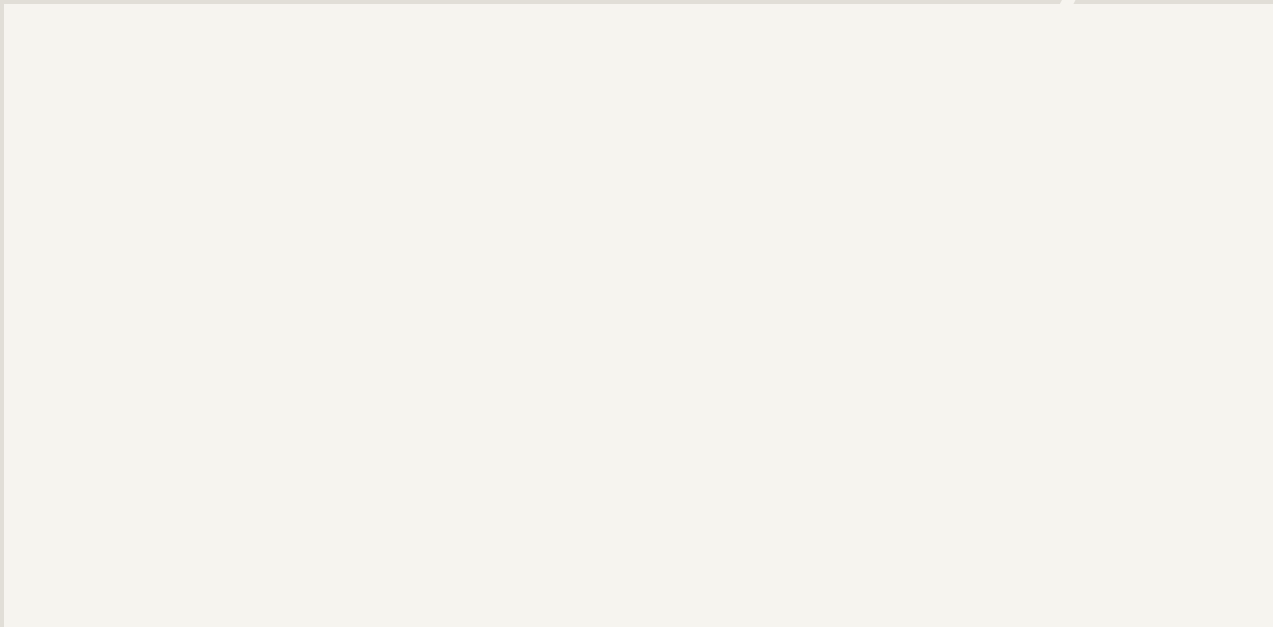
What do I want to connect with?

Q4

What is a spark I want to feed this year?



WHAT DO I NEED TO FORGIVE  
IN ORDER TO MOVE INTO  
2024 MORE FREELY?



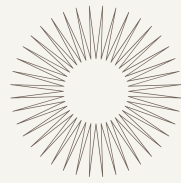
# CHANGE



What needs to change in order to get closer to the life that I want?

What do I want to create more space for in this year?

What healthy boundaries can I set for my wellbeing?



# CARE IN 2024

How can I take better care of...



MYSELF

FAMILY

COMMUNITY

MY ADVICE TO MY 2024 SELF IS...

Blank space for writing advice to the 2024 self.



MY WORD FOR 2024 IS...

Blank space for writing the word for 2024.

# 2023-2024 SELF-REFLECTION GUIDE

NEED MORE INSIGHT  
& SUPPORT?



I am a clinical psychologist, consultant and educator. In private practice, I work with individuals and couples struggling with inner conflicts such as depression, anxiety, grief, and trauma with the goal of supporting them toward leading healthier, more authentic, and fulfilling lives. You can find me at [www.sayragonzalez.com](http://www.sayragonzalez.com) and on social media at Terapia for the Soul.

Online and in-person appointments available