

**Journey of Practice**  
**Visioning Exercise Session One - Reflect & Visualize**

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1. Reflect on this past year. What was the experience of this year like for you? What were some of the joys, challenges and new directions for you? How did you show up in this past year? What did you learn? How did your practice support you on your path?

**When you have completed your reflection, respond to the following sentence:**

This past year can best be described as a time of...

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2. Focus on the present moment. Take time now to reflect on the questions that are stirring inside you at this time in your life. Whatever comes to the surface, write your questions below.

**My questions:**