



As the year winds down, I've been thinking about what it is to feel complete.

Our world doesn't give much time or space for completion. We are busy rushing around and looking toward what's next. Yet completion is important for us all — to review, celebrate and honor our successes and failures in all their glory while opening room for the many rich experiences to come.

These past 12 months have been rich and full of learning for me and I'm eager to spend some time reviewing and completing the year. Here is a structure I use. First, I make a list of my successes and breakthroughs, failures and disappointments ... plus the unexpected surprises. I also include anything that feels incomplete.

Next, I share with a friend or loved one and we go over the year together. I've found it's helpful to make the process fun so often open a bottle of champagne or share a long walk on the beach or under the redwoods.

Then we have a small ceremony and destroy our lists, often burning them in the fireplace or a bonfire if on the beach. This always gives me a sense of completion and a feeling of being ready and open for what's next.

Thank you for being a part of my journey and helping me learn, grow and celebrate. Here's to you and a nourishing new year filled with ease and laughter!

~ Debra

I'd like to hear your thoughts on completion and ways you bring it into your life.

Contact me at debra@debralamfers.com