



RYmagazine's end-of-year REFRAME Worksheet

Here's How This Goes....

First, make a list of things you are holding onto from this year.

Next, beside each item, list at least 1 way to reframe it. What came out of it that is POSITIVE?

Then, set this list aside for one day.

The next day, re-read it. Anything to add?

Then, take list outside. **Burn it. Breathe in and out, focusing on PEACE.**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____