

Hindsight 2020

A mountain of unexpected change



Into 2021

As we reflect on this unprecedented year of upheaval, we don't want to miss the growth and insights that come from pausing and meditating on what happened to us and in us.

"We underestimate the magnitude of what can happen when we live intentionally."
Dr. Caroline Leaf

Gather a group, meet on-line or take some individual time to:

- Look prayerfully at last year's ups & downs with honesty and gratitude.
- Collect lessons learned, write down to sink into your soul & life.
- Craft outcomes for this year according to who you're becoming.
- Decide what new learning you need to take on for your growth. Ask God for His words to you. (Heb. 4:12)
- Take control of your schedule before it takes control of you!
- When you have your priorities laid out on your calendar - Pray your longings & God's guidance, wisdom, grace, and strength into each plan.



Looking at 2020 with hindsight

H – Highlights - Look at your calendar, journal, pictures or posts from this past year - month by month - and notice highlights. Write them down.

I – Insights - Notice your reactions and struggles now looking back. What insights did you gain?

N – New desires - Recognize what new desires have emerged in you because of this year.

D – Downers - What are your biggest regrets? How do you feel naming those? (Psalm 66:8-12)

S – Sorrow – Which losses are you still grieving from last year?

Writing a lament is such a help in drawing out of us the depth of feeling and hurt from mourning.

(Psalm 119:25-29)

I – Impact - What impact have these things had on you and those around you?

G – Growth - What kinds of growth have you seen in you from positive and negative situations?

What growth do you wish for?

(Romans 5:3-6)

H – Help - What help do you need to address things that have come up this past year?

How will you plan to go after that?

T - Track - How will you stay on track with what you want to change?

Contact me if you'd like some coaching on this! djscott@swissmail.org

“When you're young you make your choices and when you're old, your choices make you.” CS Lewis

