

THE END-OF-YEAR SUMMARY

Ronald Klug, "Going Deeper," *How to Keep a Spiritual Journal*,
(Minneapolis MN: Augsburg, 1993), pp. 92-93

A natural time for examining your life is at the end of one year and the beginning of another. This can be done for (1) the calendar year or (2) on your birthday for your personal year.

For many years I have spent some time between Christmas and New Year's Day reviewing the past year and making plans for the next one. As I look back I answer these questions, usually in lists rather than in detail.

1. What were the major events of this year, month by month? (I answer this from memory and by looking back at my journal for the year.)
2. What did I accomplish? (For me this is mainly a list of writings completed or published, but it also includes speaking or teaching or family activities.)
3. What traveling did I do?
4. Who are the people I feel closest to at this point in my life?
5. Did I make any new friends this past year?
6. What was the most important reading I did?
7. What were my greatest joys?
8. In what ways did I grow?
9. In what ways was I able to use my gifts to serve others?
10. What did I learn from this year?

I usually work on these questions for perhaps a half-hour at a time for several days. When I feel I have a sense of the year past, I turn my thoughts to the coming year. I ask questions like these:

1. What do I look forward to in the coming year?
2. What do I hope for in the coming year?
3. What changes do I want to make?
4. What are my goals for the coming year?
5. How will I use my gifts to serve others in the coming year?
6. Is God saying anything to me about the year to come?

By reviewing my answers to these questions frequently during the year, I keep myself headed in the direction I have chosen.