



Phoenix Rising 2020



Area of Life	What You've Loved In 2019	What You Haven't Liked In 2019
Relationship Partner		
Relationships Parents		
Relationship Children		
Communication		
Emotions		
Affluence		
Direction Setting		

Decision Making		
Spiritual Health		
Physical Health		
Professional Endeavours		
Fun		
Creativity		

Anything else you've loved about 2019:	Anything else you've dis-liked about 2019:
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Other people can be our biggest assets for personal growth, especially the ones who have challenged us in some way. For this to occur we must own the situation with them completely.

Choose three people who you have been challenged by in 2019.
What has the challenge I've faced with this person?
Person 1: _____
Person 2: _____
Person 3: _____
When you look inside, what is your source issue this person has given you the opportunity to see?
Person 1: _____
Person 2: _____
Person 3: _____

What other big fights/struggles/conflicts/challenges have you faced in 2019?

What lessons have you drawn from these situations?

Upon reflecting on everything you've written, both the loves and the dislikes/challenges, what insights do you gain?