



Your Annual **Forest Return**

your annual nature-centered journal
to reflect on the past and renew
your intentions for the future



Table of Contents

A year in reflection 01

Seasons 02

Moon Cycles 03

Elements 04

Gratitudes 05

Release 06

A year of intentions 07

Seasons 08

Moon Cycles 09

Elements 10

Intentions 11



a year in reflection

Welcome, friend

It's so good to have you here. Near the end of every year, we get a nudge from nature to reflect and dream. Maybe it's the long, dark nights of the winter season. Perhaps you've picked this up near a quiet, new moon. No matter when or where you are, I hope that you find a spark, insight, or affirmation that speaks to your soul.

Inside you'll find a variety of nature-inspired prompts to support your reflection and renewal.

But before you rush, excitedly, to start, I suggest you first pause. Perhaps take a few deep belly breaths. Maybe drink a sip or two of water. Light a candle, put on your top Spotify tracks. And, trust that what you're about to embark on has all of the power and magic in the universe.

Once you're ready, turn the page and begin!

Seasons

We will begin with looking at the big picture. What happened over the past 4 seasons?
Free write, draw, doodle, paint, or list everything that comes to mind...

winter

rest, quiet, stillness

spring

action, planning, creation



harvest, release, change

fall

growth, brightness, celebration

summer

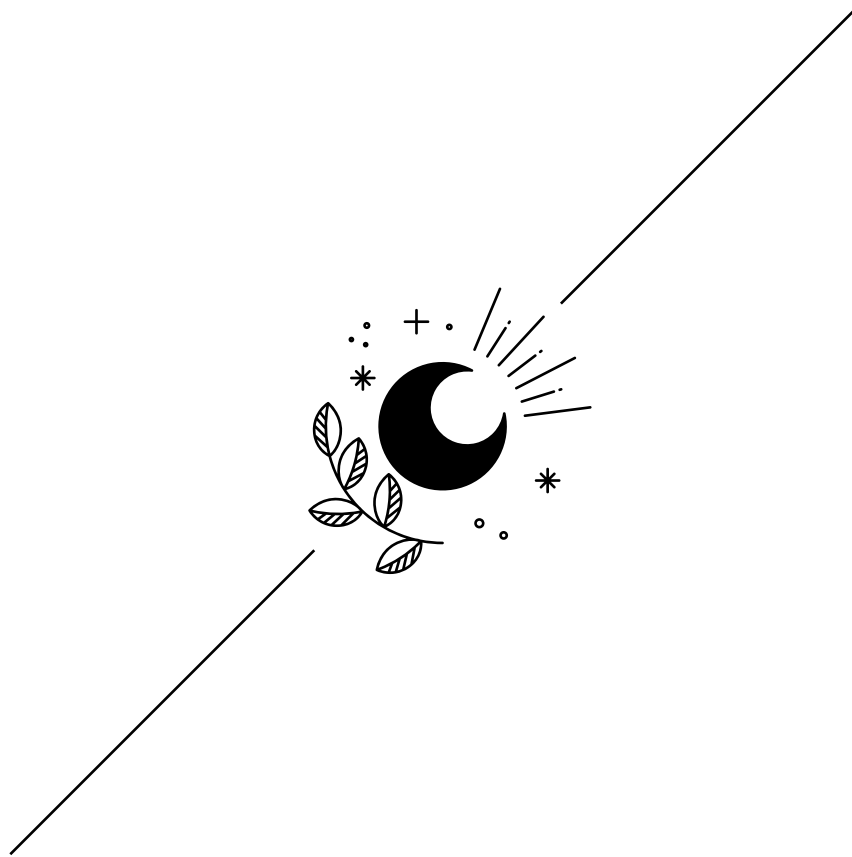
Moon Cycles

Next we'll join the moon in reflecting on some of this years brightest and darkest moments. Again, feel free to write, draw, doodle, paint, or make a list of what comes to mind...

full moon

What were your brightest moments from the past year? What did you celebrate?

free write, draw, doodle...



What were the darkest moments this past year? How did you survive?

new moon

Elements

The elements help us reflect on aspects of our year in unique and useful ways.

metal *What did you let go of this year?*

free write, draw, doodle...

water *How did you nurture yourself?*

wood *What did you grow?*

fire *What gave you the most energy?*

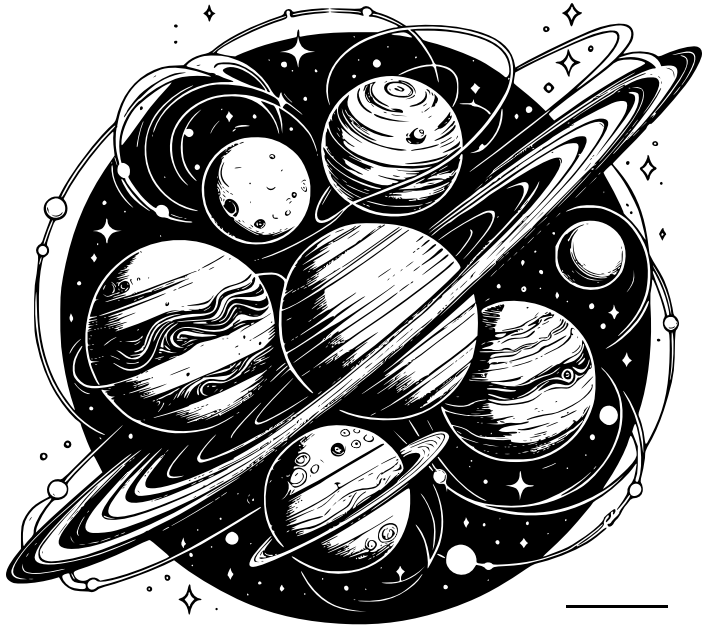
earth *Who was most important to you?*



Gratitudes

What are you grateful for this year?

free write, draw, doodle...



Release

Before we close out the past year's reflection, is there anything else that needs to be said or done? (feel free to tear off this page and burn it, tear it up, or release it in any other way before moving on to next year)

free write, draw, doodle...



a year of intentions

In pursuit of forests

Welcome back!

It's said that everything in the forest is the forest. Similarly, once you stepped into this guide, you became a part of it. Therefore, even if you're reflecting and renewing alone in your bedroom or sitting in the corner of your favorite coffee shop, know that I -- and everyone else who ever has and ever will reflect and renew -- is conspiring alongside you, as we support each other to grow and create the life of our dreams.

Before you rush, excitedly, to begin your new year plans, I suggest you first pause. Perhaps take a few deep belly breaths. Maybe drink a sip or two of tea. Light a candle. Shake out your wrists, roll your neck or shoulders, and unclench your jaw. Trust that what you're about to embark on has all of the power and magic in the universe.

Once you're ready, turn the page and begin!



Seasons

Which season(s) are you most looking forward to?

free write, draw, doodle...

Which season(s) do you expect to be the most challenging?

What do you hope happens this season?

winter

rest, quiet, stillness

spring

action, planning, creation

summer

growth, brightness, celebration

fall

harvest, release, change



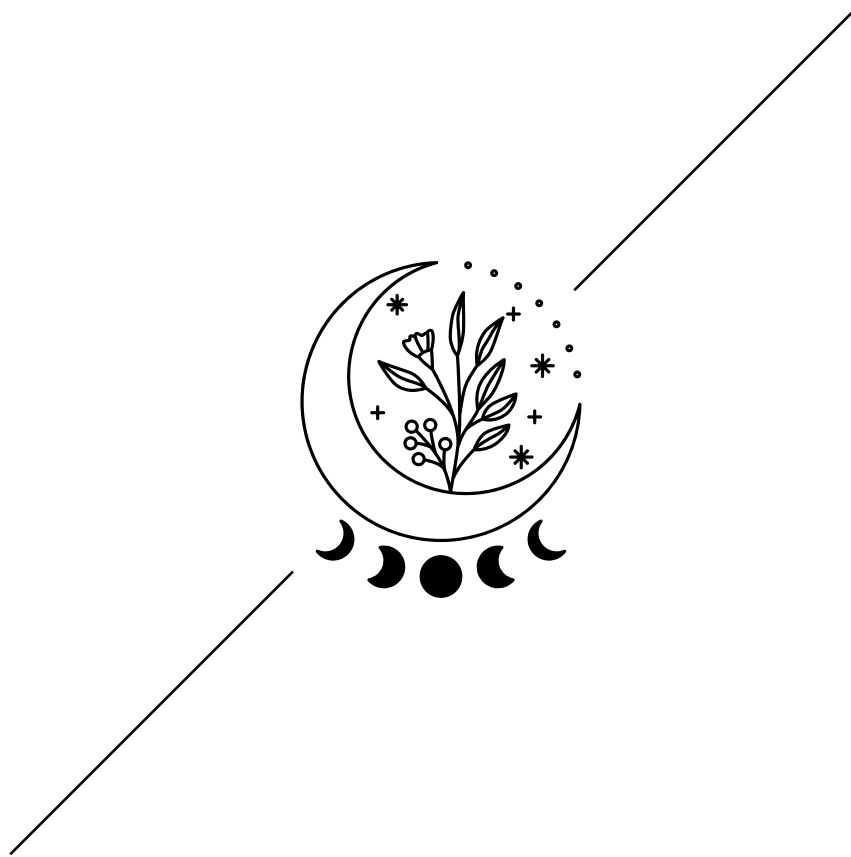
Moon Cycles

As we dream of the year ahead, we can look to the moon cycles for guidance on how to bring play, joy, nurturing, and rest into our lives.

full moon

How will you play & share joy with others?

free write, draw, doodle...



How will you rest & nurture yourself?

new moon

Elements

metal *What boundaries will you create & enforce?*

free write, draw, doodle...

water *How will you water your growth & learning?*



wood *Where will you find support when needed? How will you offer it to others?*

fire *What will you celebrate?*

earth *How will you stay grounded?*

New Year Affirmations

Choose 3 affirmations, emotions, or other words that will seal in the energy you're calling in for the new year and add them below.

20__ will be the year of...

...and so it is!

*The energy you just spent reflecting and renewing has been seen and is deeply appreciated by all. Now it is time for you to rest, eat, hydrate, and/or do something joyful. **We'll see you here again next year!***



ARBORREVOLUTIONS

Hi, I'm Cate

Heart-centered and adventurous, Cate is a nature-centered design practitioner and founder of ArborRevolutions. Her innovative design perspective organically connects leaders to natural solutions by immersion in wilderness and inspiration from nature's wisdom. Cate drives progress through liberating spaces, transformational action, and matriarchal leadership rooted in community building.

Please feel free to share with your friends!

For more, check out [@arborrevolutions](#) on **Instagram** and **LinkedIn**, or online at www.arborrevolutions.com