

Naikan Therapy for a New Year

Reflection at the end of the year can offer insights into all that has happened in the last 12 months and offer lessons for the year ahead.

It can be an incredible opportunity to reflect on what people have done for you and how you can give back to them next year.

Reflection of people

List the ten most important people in your life.

List three things each one has done for you and reflect on the amazing opportunities that resulted after each.

Identify something you could give to, or do, for that person in the coming year. Make sure it is special to them rather than to you.

Who	Three most important things they have done for you	What can I give them, or do for them?
a)	1. 2. 3.	
b)	1. 2. 3.	
c)	1. 2. 3.	
d)	1. 2. 3.	
e)	1. 2. 3.	

Who	Three most important things they have done for you	What can I give them, or do for them?
f)	1. 2. 3.	
g)	1. 2. 3.	
h)	1. 2. 3.	
i)	1. 2. 3.	
j)	1. 2. 3.	

Once complete, you will have a list of ten important people and ten gifts or services.

Add the goal(s) of giving back to the following list of goals.

Goals

Reflect on the following questions before completing the box below:

- What goals do I have for the new year (including those above)?
- What would I like to do next year if I am fortunate enough to live another year?
- How can I make the best use of my time?
- How can I repay those who have been so good to me this year?

List of goals for the next 12 months

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