



A W A K E N
p s y c h o l o g y

healing

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growth



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If you've got a suggestion for an article, or there's something more you would like to hear about, please send us an email by clicking [here](#)

Christmas Gifting

We're committed to helping others. We're still collecting cash donations for Backpack Beds for Homeless. For every \$95.00 we raise, a backpack with storage that rolls out into an all-weather protected bed will be provided to a person who is homeless.

This article is about reflection – reflecting on 2016 and welcoming in 2017. So, get your reflective minds ready ... and welcome the New Year in with gratitude!

And don't forget, our last article discussed what men want women to know. [Click here](#) to find out more.

Brining In 2017!

By Amanda Pulford
Director and Clinical Psychologist
(BPsych Hons, MPsych Clin)

The ending of one year, and the beginning of a new year gives us an opportunity to contemplate. We can reflect on the year that has been, and we can consider what we wish the new year to hold. Sometimes though, we're too busy to **really** reflect on anything – we're rushing from one gathering to another, or we're busy getting ready for our own get together.

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My suggestion this year is to spend some **quality** time answering the following questions:

1. What lessons have I learnt this year?
2. What am I ready to let go of this year?
3. Who or what am I grateful for this year?
4. What do I wish my next year to hold?
5. How can I make that happen?

You may find by taking some time out to review this year you release any negative thoughts or feelings you may have about 2016, and possibly find some joy (even if it was a challenging year). And by setting your intentions for 2017 you can be clear about what you would like, and you're already planning on how to achieve this. What a great way to start off the year ... mindfully!

However, if you're finding the holidays too stressful, and you'd like professional assistance, please feel free to contact us on 0488 954 195, amanda@awakenpsychology.com.au or [click here](#)

From all of us at Awaken Psychology, we'd like to take this opportunity to thank you for continual support, and we look forward to be of assistance in 2017.

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