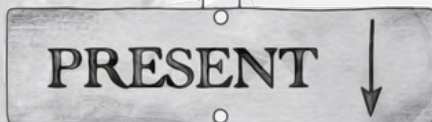


# The Ghosts of Christmas Past, Present & Future: A Self-Reflection Exercise

In Dickens' 'A Christmas Carol', the main character, Ebenezer Scrooge, is visited by the ghosts of Christmas past, present and future. This provided Scrooge with a unique opportunity to safely explore how his past has shaped his present and the impact he can now have on his future.

Much like Scrooge, we can speed through life without taking any intentional time to reflect on our lives and how our body, emotions and thoughts have been impacted by our experiences.

Whilst we don't have the company of those Christmas ghosts to help us take stock, we can choose to create a time and space to reflect on where we have been, where we are and where we are going.



Taking time to self-reflect can support us to:

- Get to know our true self – what we are holding on to, what we are feeling and what we need
- Change how we see things
- Be less reactive, and take our time more with responding to others
- See clearly where our strengths are, and where we can develop ourselves



# The Past, Present & Future

## Self-Reflection Exercise

Plan in some time out and create a safe space for reflection. This might look different from person to person - on the bus, laying in bed, sitting at a desk, curling up on the sofa with a cuppa. Your environment might be bright or dim, have music, people talking or be completely silent. Create a space that means you can focus on your mind, body and thoughts.

Within this time, we can give ourselves permission to explore and self-reflect with non-judgemental curiosity however, your self-critical part may arrive, perhaps hand in hand with shame. This is normal and to be expected, you haven't 'failed' in self-reflection.

If your self critical thoughts get too loud, ask them to take a back seat just for a moment, so that you can do this exercise from your wise adult self.

Use the sheets below as a guide to write or draw, whichever feels right for you. We have also provided body shapes for you to map out your experiences if this is helpful.



## Self-Reflective Questions: The Past

As we go into a New Year, what is something from your past – either this year or further back – that you would like to let go of a little more?

What is no longer serving you?

What was not in your control?

Were there any moments of happiness, love or positivity that you can remember?

Have you collected any body sensations from the past that you can feel now?  
Where are they in your body?

What emotions are you noticing as you reflect on the past?

Are you having any repetitive words, thoughts or statements come into your mind?

# Self-Reflective Questions: The Present

How is your body feeling right now in this moment?

What emotions come up for you as you think about your experience of life now?

Are there any strong thoughts, words or statements that come up for you?

What do you need more of to make the most out of your present moment?

What is happening at the moment that is causing any disturbances in your body?

Where can these be found inside? Are there any emotions or thoughts connected?

## Self-Reflective Questions: The Future

What are your future hopes for the year ahead?

What would you like to invite in or commit to?

Let your imagination roam. Where does it go?

As you hold your future hopes in mind, do you notice any body sensations arise?

What is the strongest emotion you feel as you think about the future?

Are there any more hidden underneath if you drop down further?

Are there any over-riding words, statements or thoughts that strongly resonate?

What is one really small but tangible thing you can commit to doing over the next 24 hours that marks you stepping into your future and the small shifts you would like to see?

Use this space to write it down or send yourself a postcard.



TO :

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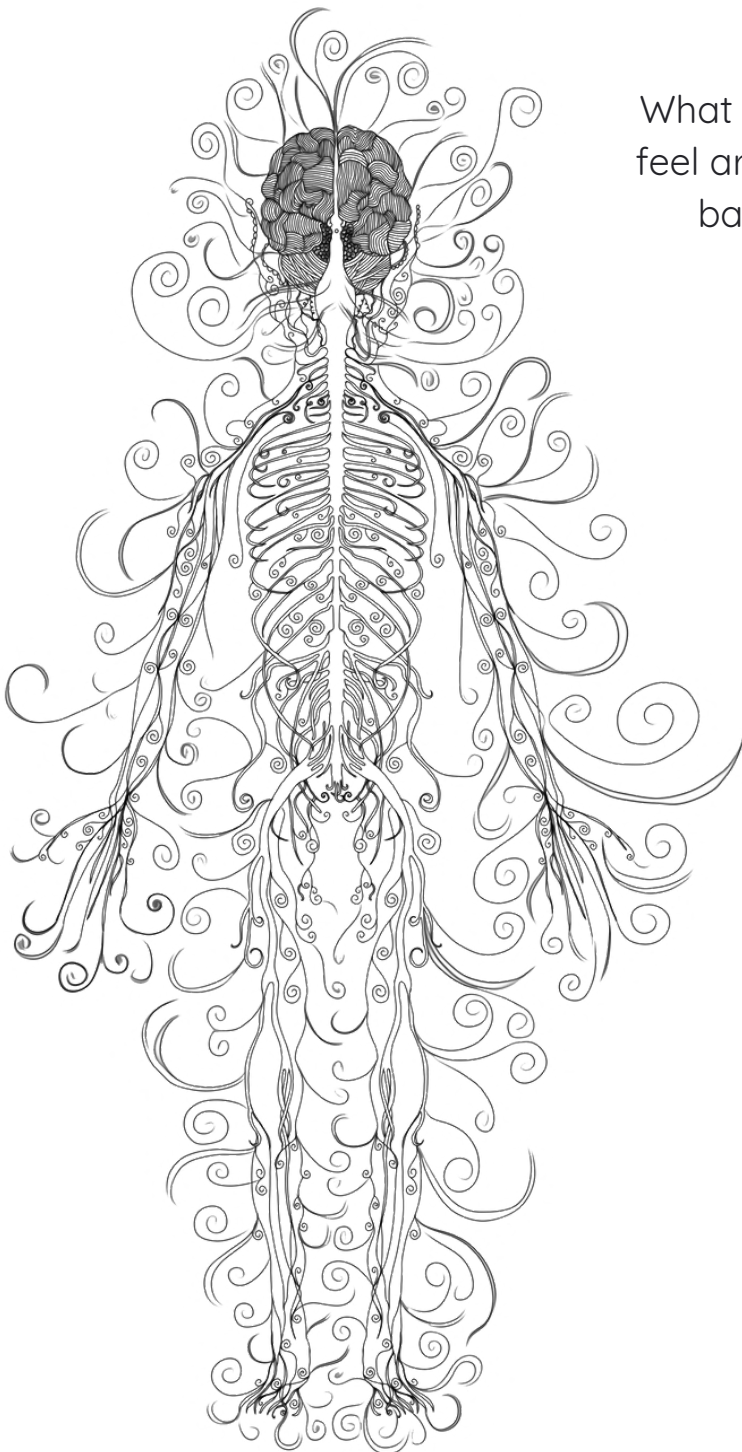
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# Over the next 24 hours...

## Bringing the Reflection to a Close

As you bring this exercise to a close, ask yourself:  
What am I grateful for from doing this exercise?



What can I see, hear, smell, taste and  
feel around me? (this helps to ground  
back into your 'here and now')

