

Creative Reflection and Journaling

By Leonard Lang, Ph.D

Passover and Easter are almost here. Here are a two ways for creatively reflecting on a theme common to both religious festivals—new beginnings. Also a great theme for spring.

Topic 1—Freedom and New Beginnings

Name one time during the past year when you broke through some old limitation or problem?

Maybe you found a new job or new way to go about your current job. Maybe it was a new way to approach a chronic condition. Maybe you did something in spite of feeling afraid of it.

Maybe you did something very small but freeing, like hiring someone to do your taxes for you!

1. What led to the change?
2. What have you learned from the experience?
3. How are things better now and/or what are you grateful for regarding this change?

Topic 2—Freedom and New Beginnings

See if there are any parts of your life now that feel heavy, oppressive, stale, unfree, or stuck. If so:

1. How would you like things to be different?
2. Is there any lesson from last year's "new beginning" or "liberation" that might be adapted to your current situation?
3. Is there some new way to change your situation?
4. Is there some way to change how you look at your situation—or feel grateful about it-- that would allow you to be more flexible, creative, and/or happy with it whether or not the outer facts change?

These questions can be part of a discussion with someone or a way to journal or just a means of reflection during this time of new beginnings and hope.

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