

## LP: The Year 'Long Play' Record

Gift yourself some time to review the year that has just been, to savour and celebrate, and to look forward to the next year, your next long play.

To support this, I've played with the metaphor of a long play (LP) music album and created tables with 'L' and 'P' labels:

The 'L' rows are categories of questions to help you reflect on this last year.

The 'P' columns reflect the main areas of your life that are important for you and that you want to reflect on.

Note: I've just played with 'L' and 'P' words here. You can change these and use whatever labels are meaningful for you.

Also feel free to draw up your own table or create your own format for doing this.

Three steps:

Reflect on 2025.

Savour and celebrate all you have done.

Think about what you want for 2026.

You can also play with the LP metaphor and music:

If your last year was an LP record, what would be the song?

If the new year were an LP, what would it be playing?

# The 'P's

- Personal:** Where you are currently at in your life and career. Your values, strengths, what makes you 'you'. How you look after yourself, physically, emotionally, materially, spiritually, etc.
- People:** Friends, family, colleagues, peers. People who supported you. People you have supported or served. People around you who enable things to happen
- Play:** Time doing things that aren't work, that are fun, your hobbies, your passion projects, just hanging out.
- Projects:** All things work, what you are paid to do, or projects you have taken on for yourself.

## Reflecting on the long play that was 2025

Spend some time just thinking about your last year. You could also find it useful to look back at your photos, calendar entries, and journal entries.

	Personal	People	Play	Projects
<b>Land</b> What have you landed this year? What have you done? What went well?				
<b>Love</b> The high points? You at your best? Proudest of? What did you particularly love? When did you really feel energised and in the flow? What patterns can you see across these moments?				
<b>Labour</b> What felt like 'hard work' in this? What didn't you didn't enjoy so much? What patterns can you see across these?				

	Personal	People	Play	Projects
<b>Learn</b> What did you learn from what didn't work so well? And from your mistakes, or failures? What are the lessons for next time? What would you do differently? What did you learn about yourself?				

## *Savour and celebrate!*

Take some time to savour and celebrate all that you have done and learnt this last year. It is a lot! You've done well!

What are you grateful for?

Who are you grateful for?

If you were your best friend looking at this, what would they say to you?

## What do you want for your 2026 long play?

	Personal	People	Play	Projects
<b>Look forward to</b> What is already on the horizon? What would you like to do?				
<b>Let go</b> What do you want to leave behind or stop doing? What do you want to do less of? What isn't serving you? What isn't the best use of your time and attention and energy for the difference you can make at your best? Are there 'labour' areas you can let go of or do less of?				
<b>Let grow</b> How can you do more of what you love? What do you want to take forward, to develop more? What do you want to achieve? How do you want to 'show up' for yourself? Where do you need to be brave and just take that step?				

	Personal	People	Play	Projects
<p><b>Let be</b></p> <p>What do you need to be comfortable with, about not knowing, or not having all the answers, just yet?</p> <p>What do you need to give yourself time and space for to work out?</p> <p>What can't you change, that you have no control over?</p>				

Moving into your new year with intention!