

# Logs



- The rings in a tree trunk show the tree's age. In a good year, where the tree has flourished, the rings will be wider to show how much it has grown.
- In a difficult year, where there has been drought or disease, the ring is much narrower.
- If you look back over your own life, what kind of journey have you been on? What would a cross section through your 'trunk' look like?
- What was last year like for you? Did you flourish? Or was it more challenging?
- What do you hope for in the year ahead?
- Are there simple changes you could make to help you grow – personally, professionally, emotionally, spiritually – in the coming year?