



NEW YEAR REFLECTION GUIDE

QUESTIONS, CONSIDERATIONS,
PROMPTS FOR 2026

CENTERED ON THEMES FROM THE GARDEN,
HOME AND ART STUDIO

from the Poetry Factory



TENDING TO THE GARDEN OF OUR LIVES

Bienvenue to the Poetry Factory's 2025-26 New Year Reflection Guide. We are Californian artists living in Burgundy, France, and center our lives around hospitality, creativity, and spiritual renewal. This past year the garden has been a sanctuary and teacher where we've learned that time, hard work, patience, and presence pay off into a harvest of abundance. In the garden we celebrate growth and learn to live with loss and disappointment (beware of slugs and frost!).

Like dreams, we have learned not all seeds grow and that the right environment for them is necessary for their flourishing. "Le Jardin" is full of metaphor that can help us interpret our ordinary lives. From compost to harvest, seeds, seasons, and storms...may the physical and spiritual realities of the garden awaken our hearts and souls to flourishing whatever season we find ourselves in life.

This guide includes watercolor paintings and typewriter poems from Hope's studio as visual and creative invitations into reflecting on the year that's passed and preparing for the garden plot of 2026. Use this guide however you wish, and may it serve you in taking time to plant and water the garden of your life.



from the Poetry Factory
www.poetryfactory.xyz

HOPE

A POEM TO REFLECT ON

DORMANT HOPE

the winter earth breathes
an exhale of rest from last
years growth and abundance
silence and snow, a blanket
of dormant hope
so many seeds

we have harvested
awaiting distant spring
held in darkness
holding the DNA of time
our homes become havens
as the garden sleeps
this sacred waiting
a hibernation of possibility
pulls us deeper
roots fully alive

the depths of love
our hope, like a seed
is planted with care
as dreams become reality

HARVEST & REFLECT

TAKE TIME TO REMEMBER

Harvest is hard and often messy work. This fall we partook in the grape harvest in Burgundy and learned the abundance and beauty of nature's timing. With a sense of urgency, we sorted through the best fruit and composted that which had rotted. Let's take some time to "harvest" and look back at the metaphorical fruit, losses, pruning and process of growth this past year before looking ahead.




1. **Set aside time to pause** in considering the past year. Find a quiet space. Consider lighting a candle or making a special hot beverage. Create a reflective, hospitable atmosphere for yourself.
2. **5 minutes of silence.** In this time notice what memories, moments or themes come up as you consider and hold 2025 in your mind and heart, Setting a timer may be helpful. This is sacred time to hold the mixtures of emotions and experiences you've had.
3. In handwriting, take 10-25 minutes to **reflect on things you're HARVESTING.** What are you thankful for? What places have you visited or lived? Who has been significant in your life? What have been thorns, losses and lessons?

REFLECT

TAKE TIME TO REMEMBER



A few things to consider
for the coming of New
YEAR:

- WHO has been a significant part of this year?
 - WHAT has been a defining and re-fining part of your year?
 - Where have you lived, traveled, frequented, worked?
 - When: what have been significant dates, anniversaries, memorials, births?
 - Why: what new purposes or passions have evolved?
- 

HARVEST

TAKE TIME TO REMEMBER

THANKFULNESS & FRUIT

CHALLENGES & PRUNING



RENEW

CONSIDERING GROWTH, RELATIONSHIPS AND CHALLENGES



1. Look at your list. What themes, words or emotions come up? Did you have a word, phrase or goal for 2025?
2. Take a moment to look through phone photos of the past year. Look for moments of delight, milestones, life events.
3. Take another five minutes of silence and hold the year that's passed in your heart.
4. Is there anything that feels unfinished? Any conversations, prayers or tasks that slipped away? Consider making note of any people you'd like to connect with, create space for connecting with them.

PLANT

DREAM, CREATE, DECLARE, INVITE



1. Hold your palms open and upwards. Notice your hands, take a moment to give thanks for your life and invite God's presence into this time as you consider the new year.
2. Without thinking too much- imagine your life. What are your desires and dreams? On the next page there's space to write ideas, projects, plans, relationships you're excited about.
3. Pause and consider the year ahead. What invitations do you sense from God? What desolations or unknowns do you feel?
4. Consider a word or theme for the year that might be arising. Take time to dig deeper into its meaning and definition

Nourish
GROW
EXTEND
LITE



IMAGINE

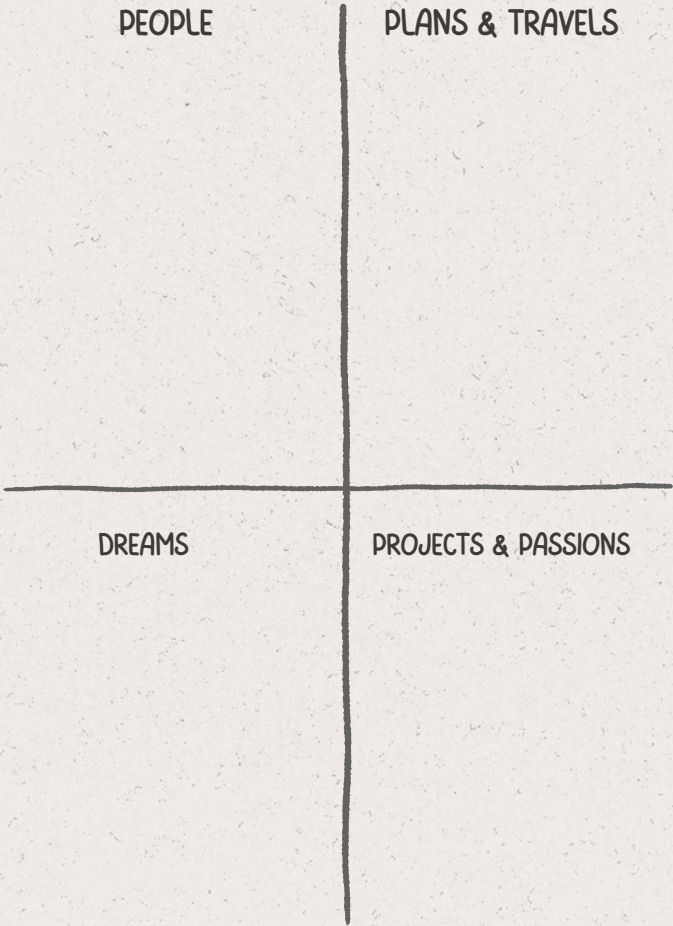
DREAM, CREATE, DECLARE, INVITE

PEOPLE

PLANS & TRAVELS

DREAMS

PROJECTS & PASSIONS



CULTIVATE

PLANT, PREPARE, PROVIDE



Consider taking out your calendar, marking important dates, birthdays, anniversaries, celebrations and planning ahead for dreams and projects. What can you make space for this year? What seeds (metaphorically or literally) do you hope to plant?

What do you want to cultivate in your personal, local and global community?

THE VINES

A POEM TO REFLECT ON

The Vineyard

in winter the vines are bones
knobly reminders of dormant hope
we trim and prune, fingers numb
as spring slowly awakens
surprising us as she always does
with unfurling joy
verdant with life
yet no fruit to taste
growth evident, tend to the weeds
heat comes, drought with it
thirsty these vines struggle
growing sweeter and stronger
in the bright unrelenting light
sweat forms as we wait
until one morning, the new arrives
"the harvest is ready, it's time"
heavy with fruit, crimson weight
we run to the fields to taste
time is precious as the cold comes
we work with others
crushing it all into the glass
bottles of time
to wait another season
watching the vineyard
tending to her needs
feeding us communion
leaking the secrets of love
and patience,
we dance in the vineyard
harvesting all we receive

hope c. lundblad

from the Poetry Factory
www.poetryfactory.xyz

GROW

TAKE THE FIRST STEPS QUESTIONS FOR REFLECTION

WHAT ARE SMALL ACTION STEPS YOU CAN
TAKE TOWARDS YOUR GOALS OR
INTENTIONS?

WHAT THINGS DO YOU HOPE TO CREATE THIS
YEAR?

WHAT PASSIONS OR THINGS DO YOU WANT
TO GET CURIOUS ABOUT IN 2026?

WHAT NEIGHBORS YOU CAN REACH OUT TO
AND MEET IN THE NEW YEAR TO FOSTER
COMMUNITY WITH?

WHO BELIEVES IN YOU AND YOUR DREAMS?
HOW CAN YOU INTENTIONALLY CREATE
SPACE TO MEET WITH THEM?

WHAT AREAS OF LIFE IS THERE ABUNDANCE
OR EXCESS? HOW CAN THAT BE SHARED WITH
A COMMUNITY IN NEED?

The Poetry Factory



WE HOPE THIS GUIDE GIVES YOU SPACCE
TO DREAM, REFLECT AND CREATE. WE
BELIEVE HOSPITALITY IS THE HIGHEST
FORM OF ART AND HOPE THIS INSPIRES
YOU TO LIVE INTENTIONALLY IN 2026.

FROM THE POETRY FACTORY
FOLLOW OUR ADVENTURE:

WWW.POETRYFACTORY.XYZ

*Hope + paper
Lundblad*

May the
poetry
of your
DREAMS
become
REALITY