



Kaveh

*food tastes better when you eat it with family*



11.28.19

A THANKSGIVING GATHERING





# Menu

## meat

spiced and glazed roast turkey

gravy & cranberry chutney

## veg

roasted squash and radicchio salad with pecans

brussels sprouts with pistachios and lime

leafy herb salad

## starch

mashed potatoes with crispety crumcheties

cornbread stuffing with sausage and corn nuts

sweet spiced mushroom and apricot pilaf

## sweet

deep-dish honey apple galette





*a look back*  
+  
*a look forward*

AN EXERCISE OF REFLECTION

In the thick of the hustle, it can be easy to see the first of January as just another day, a flip of the calendar, a continuation of the same ol'. But because we're human, we need chapters to end and old doors to close so that new ones can open. So before we say farewell to another year, let's first reflect on the moments and milestones that led us to where we are today.

These lists are meant to serve as an exercise of reflection, of taking an honest look back at the past year as well as a hopeful look forward at the year to come. Use them to gain perspective, to note the things that are worth celebrating, mourning, learning from, documenting, and remembering.



# A look back

what *surprised you* the most this year?

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what was *the best part* of your typical day?

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what was your *greatest adventure* this year?

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*what made you feel...*

**ENERGIZED**

**DRAINED**

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**WHAT DID YOU LEARN?**

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# A look forward

what do you want to **focus** more on in the coming year?

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**RHYTHMS** *what habits do you want to...*

**KEEP**

**TRASH**

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what do you want to **resolve** or achieve in 2020?

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what do you **hope** to say about 2020 when it's over?

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