SOUL SPACE

2019 NEW YEAR CEREMONY

Before we move into looking at intentions for the New Year, lets first take some time to acknowledge and express gratitude for the year that was. For the blessings and even the opportunities for growth that that come from the challenges.

Remember that all challenges are an opportunity for growth. We always have the choice to resist and complain about them, or to acknowledge that challenges are a normal part of our journey. They will always point us to where we can grow and expand, by consciously choosing how we will respond.

We're living in a time of great change, growth and healing. We are letting go of so much that no longer serves us and much that isn't even our own. We need to release in order to expand.

2018 REFLECTION

What are you most grateful when you reflect on the past year?

What did you do, create or experience that you're really proud of?

What did the challenges teach you about yourself? Were there any blessings that have shone through the clouds?

What worked that you want to continue?

2018 REFLECTION

What didn't work that you want to stop?

What new seeds were planted that are getting ready to bloom?

What are you willing to let go?

What would you like to be able to say about 2019 this time next year?

2019 INTENTIONS

Use the following 5 categories to consider your intentions for 2018 in terms of your heart's desires for want to feel, create and experience:

HEALTH & WELLNESS

SPIRITUALITY/CREATIVITY/LEARNING

FAMILY/FRIENDSHIPS/COMMUNITY

WORK/CAREER/MONEY

LIFESTYLE, LEISURE, HOME

2019 INTENTIONS

Who will you BE to create the year you want?

What will I need to do DAILY to bring this about?

What could be your guiding word or mantra this year?