

Releasing 2019

Creating 2020

WORKBOOK

Releasing 2019

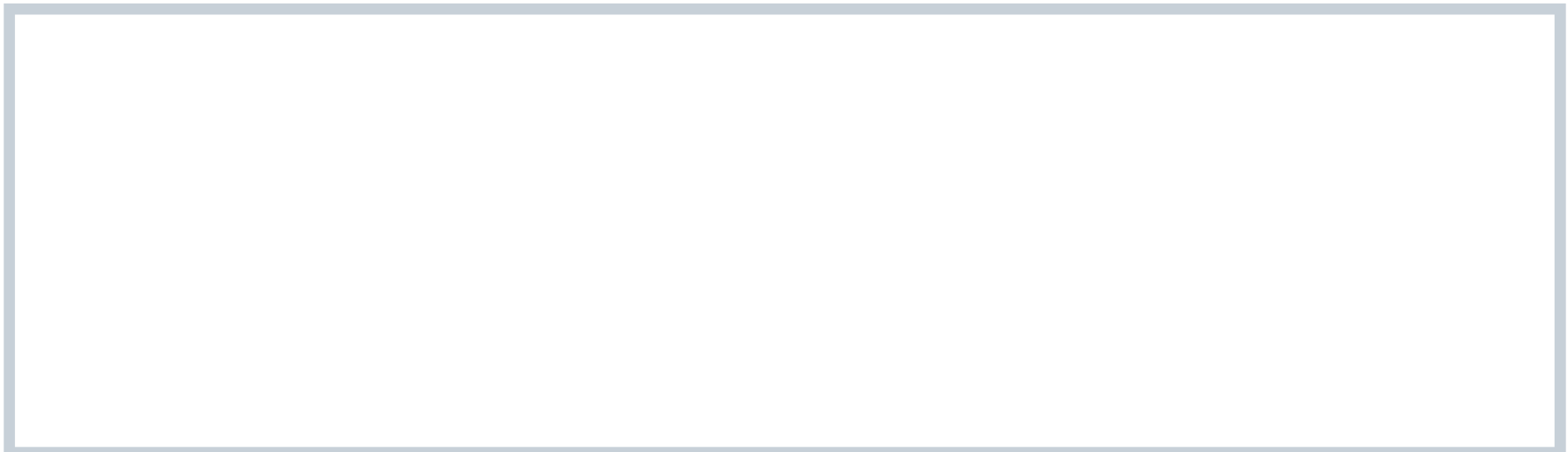
WHAT WAS AWESOME IN 2019 WAS....

WHAT WAS REALLY CHALLENGING IN
2019 WAS....

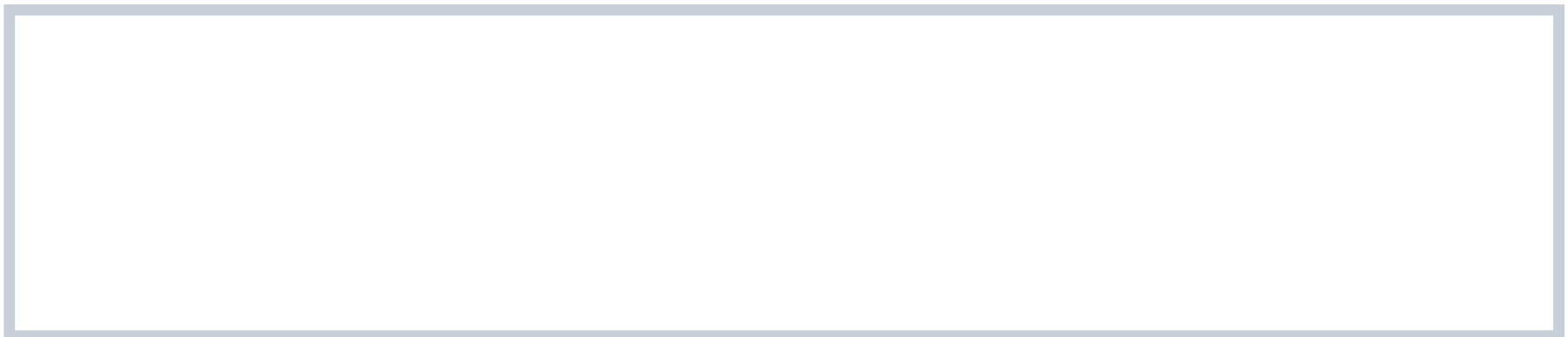
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LOOKING BACK, WHAT I NEEDED TO GET THROUGH THE CHALLENGES WAS....

SAID ANOTHER WAY - WHAT MINDSET WOULD MAKE 2019 EASIER IF I HAD TO RE-DO IT?

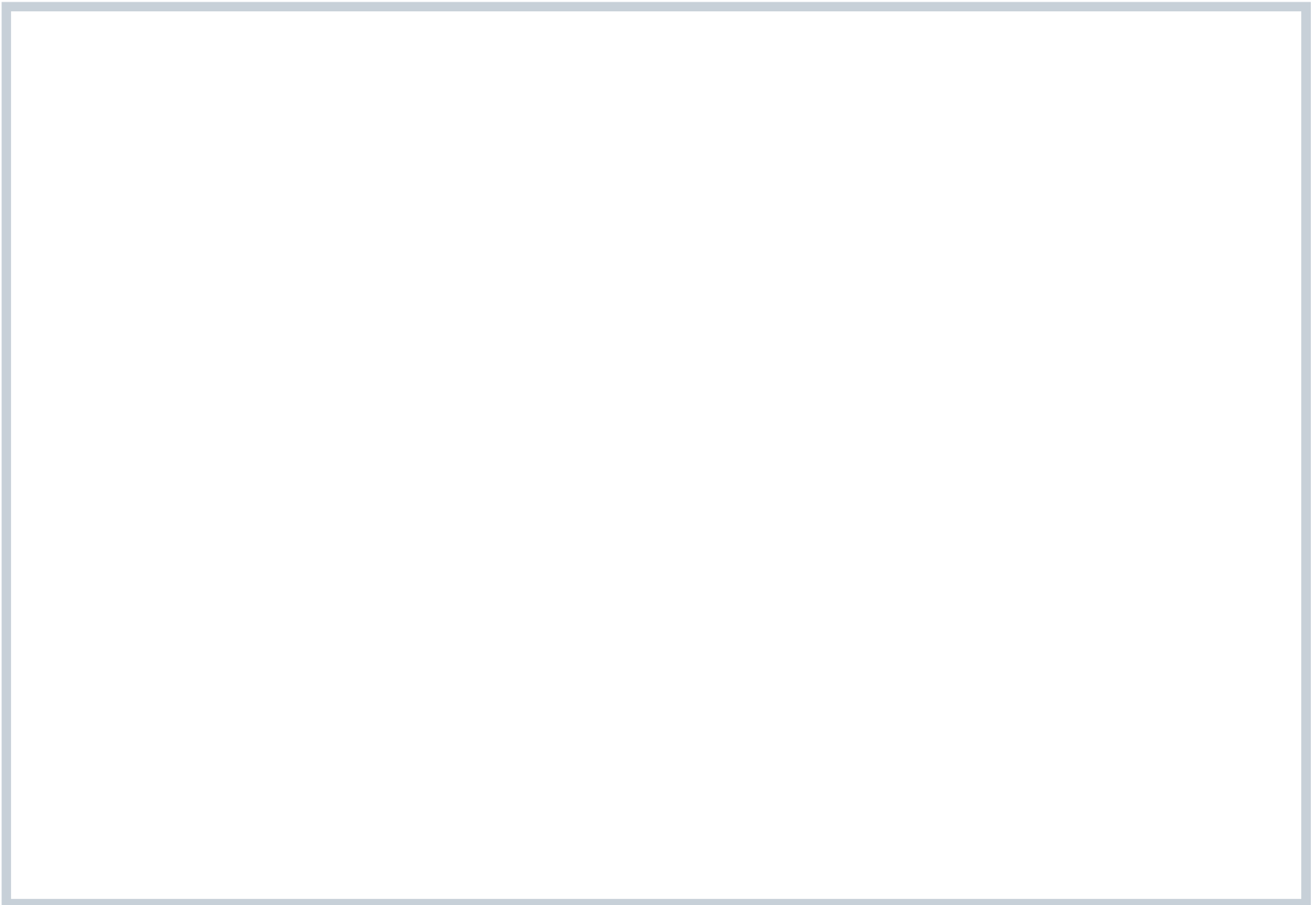


ITS LIKE THE UNIVERSE WAS HELPING ME LEARN....



Releasing 2019

I AM NO LONGER AVAILABLE FOR...



Releasing 2019

RELEASING 2019 - JOURNAL EXERCISE

1) LET IT OUT: IN 2019 I FELT VERY _____.
IT WAS HARD/CHALLENGING BECAUSE
_____.

2) BE THE FRIEND: I AM SORRY YOU FELT
_____. THAT MUST HAVE BEEN TOUGH. I
CANT ILAGINE WHAT THAT WAS LIKE FOR YOU.

3) DIFFERENT PERSPECTIVE: I CAN SEE NOW THAT I
WAS LEARNING _____. THANK YOU
UNIVERSE (OR 2019) FOR THE LESSONS YOU
TAUGHT ME. I SEE MY CORE MESSAGES WERE
_____ & _____.

Gay I made it
through!!!

Welcoming 2020

MY DESIRES LIST FOR 2020:



Welcoming 2020

I WANT 2020 TO FEEL LIKE.....



Welcoming 2020

MY WORD FOR 2020 IS.....



MANIFESTATION 2020 BASICS:

- 1) SET DESIRES
- 2) BELIEVE IN DESIRES
- 3) INSPIRED (ALIGNED) ACTION
- 4) RECIEVE DESIRES

SOME INSPIRED (ALIGNED) ACTIONS
THAT I CAN DO ARE.....



micro actions

THINGS I CAN DO TO BE IN ALIGNMENT WITH MY GOALS

PHYSICAL ACTIONS

MINDSET ACTIONS

ACTIONS TO GET SUPPORTED

Nurturing the whole self

THINGS I CAN DO TO NURTURE MY SELF IN
2020

MIND

BODY

SOUL

i am willing to...

