

Year-End Review

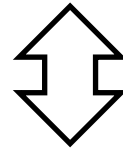
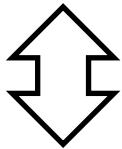
Evolution = The passing of Spirit into form. The time and the process through which an idea unfolds to a higher state of manifestation.

My GOOD

- What did I like best about this year?
- What brought me the most joy and love?
- What were the milestones or life passages that need to be honored this year?
- What served my highest good?

My DISAPPOINTMENTS

- What did I dislike the most about this year?
- What was disappointing?
- What goal or desire wasn't met?
- What habit can't I seem to break?
- Who do I like to blame?
- What didn't serve me?



- What were the gifts I received or lessons I learned from my GOOD?

- What were the gifts I received or lessons I learned from my DISAPPOINTMENTS?

Releasing Affirmation

1). In a single word, describe what you have falsely come to believe when you review your list of DISAPPOINTMENTS: _____

Lack, Debt, Conflict, Limitation, Ignorance, Rejection, Death, Chaos, Judgment, Dependency, Duality, Disease, Poverty

2). In a single word, describe what you generally tend to do to resist your list of DISAPPOINTMENTS: _____

Control, Hide, Anger, Flee, Appease, Whine, Blame, Withdraw, Rebel, Confront, Depression, Avoid, Procrastinate

3). In a single word, describe how you feel when you review your list of GOOD: _____

Abundance, Balance, Beauty, Freedom, Joy, Love, Order, Peace, Power, Unity, Wholeness, Wisdom

1). I release my belief in: _____

2). I release my need to: _____

3). I am grateful I am the _____ that I am!

New Year Intention

In knowing that I am the _____ that I am!

1). What do I really want?

2). What form do I see this taking?

3). What specific experience do I desire from what I want?

As I step into the New Year I accept:







AND SO IT IS NAMASTE!