



RESOLUTION REVOLUTION

A spiritual guide for an intentional year

Release

- What ideas about myself, my life, or my purpose did I entertain last year that did not serve me in becoming my best self?
- What stories did I tell myself about my limitations as a person, or in my environment?
- What kind of energy do I need to let go of in order to move forward in my life? This could be a quality, an emotion, an event, etc. Keep in general.
- What unfavorable events or negative experiences do I need to let go of because they are no longer in my control/ongoing/able to be changed?
- What is standing in my way? What obstacles am I facing both internally and externally? Are any of those rooted in fear or what you believe/have been told you're not capable of/prepared for/too far behind in/not skilled enough/not the "type" for/are already too far off course from?
 - Can any of those ideas be combatted with affirmation or counter arguments?

Process

- What lessons did I learn in hindsight this year (after the fact) that I can try to apply in foresight this year (before they happen)? Where else in my life can I apply these principles so I have more faith in my choices and can enter new experiences with wisdom and perspective?
- What went right this year with my personal choices? Where did I succeed? What contributed to that success and how can I scale it out to other areas of my life?
- What did I prioritize most this year, with my time and mental attention? Does the majority of my time match with my top values? If not, what should most of my time and attention be spent on in order to align with my top values?



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Manifest

- If I could wave a magic wand, and my dream life would appear out of thin air, what would that look like? Imagine a day in that life--what does it feel like? Follow this feeling throughout the year. Imagine all areas of your life:
 - Work & dream job
 - Family & friends
 - Home & environment
 - Health & energy
 - Love & relationships
 - Growth & new experiences
- What are the first/smallest steps I could take to get closer to this life?
- What is a reasonable distance I can travel this year towards this life?
- What do I want to feel like when I wake up in the morning?
- What three qualities would I want to most closely describe my life?
 - What steps can I take to get closer to those qualities?
 - Which areas of my life are farthest away and need to most focus this year?
 - What would I have to change in order to bring each area of my life to meet those descriptions?
- How will I know when I'm living my ideal life? What will quantify it or qualify it? What will have to happen/exist for me to say "I'm finally here"?

After writing out your thoughts, sit quietly and ceremoniously release the energies, fears and ideas holding you back. Then allow your self to fill with the energy that comes from imagining your ideal life. Carry that energy through the day and return to this feeling throughout the year to reset and recalibrate. Wishing you lots of love and light on your journey of expansion!