

RELEASING

2025

During the next week, set aside time to abide in a quiet space and jot notes about moments of intuition, regret, synchronicity, difficult or significant events, highs and lows, personal milestones—along with notes about what you will release to make space and have energy for regarding what awaits you. Please be kind and self-compassionate, and resist cycling through shame, blame or self-loathing. ❤️



EMBRACING

2026

"WHAT YOU SEEK IS SEEKING YOU" - RUMI

Self-compassionately ponder your responses to the following prompts. Jot down your notes as if you are writing a letter to your future self.

"TRUST THAT STILL, SMALL VOICE THAT SAYS, 'THIS MIGHT WORK AND I'LL TRY IT.'" -DIANE MARIECHILD

- Three words to describe **WHAT YOU ARE HOPING FOR IN 2026?**
- What is something you desire to experience in your **WELLNESS?**
- What is something you desire to feel in your **RELATIONSHIPS?**
- What is something you desire within your daily **BEING/DOING?**
- What is something you desire regarding your **HOME** space(s)?

"GROWTH IS AN ERRATIC FORWARD MOVEMENT: TWO STEPS FORWARD, ONE STEP BACK. REMEMBER THAT AND BE VERY GENTLE WITH YOURSELF." -JULIA CAMERON

- What are 1-2 **CHANGES** you could focus on in order to experience more of what you desire for yourself and your daily living?
 - These **CHANGES** may simply be to **REFRAME**, release or resign something, or ask for help and/or let go of unfair expectations you have regarding your time and energy.
- In the space below write down doable days/times you can devote energy to **SPEAK TO/WRITE/ACT UPON** your desired outcomes on a **REGULAR BASIS**. Be **OPEN AND CURIOUS** about the possibilities as you shift your **ATTENTION**. Braveheart. ❤️



