

Winter Solstice Webinar – Dec 21st, 2023 – My Journey

Reflect

What personal wins are you celebrating this Holiday Season? Looking back on your past 6mos or your entire year, what went well, how did you surprise yourself, how did you work toward your goals and what made you're heart soar?

What are some areas of your life where you would like to apply more intention and focus, remembering to be self-loving and non-judgemental with yourself.

Release

Write down three affirmations that you can see yourself repeating and remember to write from the place of already having or being the thing. .

Examples:

'I am beautiful and worthy of love and everything I do, I do with ease and to the best good for myself and all others.'

'I am aware of my energy and know when I need to draw boundaries, ask for help, be alone or seek self-care.'



