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 reapeating 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."



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| Retocus |
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| What are your goals for 2024? How will you actualize your magic and what life will you create for yourself? Write as many as you can think of, you can add more to the sheet as time goes on! |
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