



End of Year
Celebration
Journal





Bye Bye 2022...

Isn't it crazy to think another year has gone by, just like that.

It's so easy for us to rush into the next year without ever taking a pause. But what if we carved out space to stop, to reflect, to take the time to really look over this year from a vantage point that allows us to harvest all that was so that we can prepare for next year... and all that could be!

I invite you to slow down as you go through this journal. Create space in your environment to go inwards. Perhaps light a candle or make a cup of your favorite tea. Bring the power of ceremony and ritual into the space as you answer the journal prompts. And be open to the words your unconscious, your soul wants to speak to you - to the wisdom that is already inside you.

Here's to you living a life from your heart and growing yourself into the future you wish to create!

Love

Lizzie x



This year, the moments I most felt like myself I was...

The times I felt love and connected to the people I care for in my life were...

The instances when I felt passionate and connected to something bigger than me were...

Start by simply reflecting on the times you felt a sense of CONNECTION. We spend so much time in the busy 'doing' of life we often become disconnected from our deeper whys. From the people and experiences that spoke directly to our hearts. Take a moment to reflect on these times when you were on fire, energized, filled with an abundance of joy and love.



What I can celebrate myself for is...

My wins are...

Now don't be bashful! So many of us struggle with owning what we did well or what we're proud of...especially to ourselves. We're quick to play down our accomplishments or even to recognize the million amazing things we do every day. So for a moment imagine you're giving your friend a compliment or gushing about someone you admire. Talk about yourself that way and notice what happens. And I'll share with you a little secret, the more you own your success the easier it is to receive compliments and let go of comparison and jealousy of other people's accomplishments. This is a powerful countermove to all that envy, so don't skimp on it.



What I am most grateful for is...

What I can appreciate myself for is...

The people I most appreciate for supporting me are...

Write from the heart, as though you're writing a thank you card to all the people and places that have added joy to your life and who have contributed to your success.

And if this year has been a particularly hard year, and it doesn't feel like there's anything you truly feel grateful for, perhaps just focus on the small things. Maybe it's simply the fact that you made it to this point. You got through it. That's no small feat. So don't diminish your own perseverance and strength.

Acknowledge all the qualities of resiliency, strength, love and courage you demonstrated this year.



My setbacks, disappointments or losses were...

It's important that we allow ourselves to genuinely grieve the things that have been challenging. This is not the time to put on a brave face. Allow yourself to be vulnerable and feel the pain of all that didn't go the way you had hoped, desired or expected. Meet it and yourself with tenderness. It's ok that things don't always go as planned. Let go of any shame or blame you might be feeling. The wisest part of you knows that this is part of life. The play of light and dark. Trust in that bigger perspective even if you can't feel or see it right now and your ability to grow and learn from all you have experienced.



What I need to forgive myself for is...

Who I need to forgive is...

What I need to ask forgiveness for is...

Now, that you have touched those places inside yourself that need healing take a moment to extend empathy and loving kindness to yourself, for the ways you've fallen short in your relationship with yourself and others. And also to those who have wronged you. Be sincere and compassionate in your acknowledgement of the places where resentment or stuck energy still resides. Notice these places where your heart has been closed off. And in doing so, offer yourself and others the possibility for redemption and mercy, and by doing so acknowledge our innate capacity to change.



What I have learned is...

The old patterns I'm ready to release are...

What I am committed to and now ready to embrace is..

From a place of love and non-judgment, what are the old patterns of stuckness that you are ready to let go of. What are the habits, choices, behaviors that you can acknowledge that have been getting in the way? What are you now committed to doing instead.

There is a singular power that comes when we translate our feelings into action. When we take responsibility for where we have fallen short and commit to doing better. Think of the concrete actions you could take that would align with the kind of person you want to be and how you want to show up in the world.



My new vision for the future is..

Now this takes courage. So many of us find it hard to envision our future. We may dislike the idea of 5yr or 10yr goals. That just doesn't seem like us. Too controlled or contrived. Or we doubt we could even realize our dreams. Perhaps, even thinking about these things makes us feel the painful gap of where we are and where we would like to be.

But for a moment, I encourage you to take a breath and lean in. Imagine that you could not fail, that your desires were your souls way of speaking to you. If you truly believed this...

What would you create? What would you express? What would your vision of the future feel like? Look like?



The person I'm becoming is...

The actions this future person would take are...

The support and resources I would need are...

Now take it a step further, begin to inhabit the viewpoint, the stance of the person you are becoming. Who will they be? How will they move through the world? How will they show up differently? What will they focus on? What will they prioritize?

Where will they be putting their energy?

Imagine becoming them and think what's a **BOLD** and **COURAGEOUS** action you could take that would align with this vision of the future?

What are the ways you would have to grow? And what support would you need to make this a reality?



When I think of the woman I am becoming and my future I feel....

Let this be real for you. Before the part of your brain that wants to doubt rushes back in, let yourself feel the possibility and the brightness of your potential. Because, guess what – it really is **POSSIBLE!**



These journal prompts are inspired by the work of Claire Zammit and her Feminine Power Programs. Please respect her intellectual property and do not reproduce.

If these questions ignited something inside you and you would like further guidance in realizing your vision for the future, please feel free to reach out to me as a Feminine Power coach and I'll happily support you through a process of connecting to your power and your ability to transform yourself and life.

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