

END OF THE YEAR REFRAME

and

New Year Creation



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Current Year Reframe

Each year you can use these questions to reframe your year as you prepare for the new one. It is designed to help you consciously be aware of things and create a clearing to move into next year.

1 - What am I most grateful for from this year?

List all of the things that you are grateful for, even perhaps, some of the hard things.

2 - What lessons did I learn?

List all of the things that you learned from and the lessons or wisdom gained.

3 - Acknowledgements

There were things that you accomplished or did well, whether you planned them or not.

4 - Things that are incomplete

What things are left undone? Do you want to complete them next year or let them go?

5 - People I need to forgive

Yourself or others. List the people, the reason why, and do a forgiveness ritual for completion.



6 - How did I incorporate this year's theme word?

Find the ways that this year's theme word made a difference for you or guided you.

7 - What are you tolerating?

Things, people, ways of being, habits, etc.

8 - Where didn't I trust myself?

We all have times we don't trust our own inner guidance or skills or abilities. Where did that show up for you this last year? (look at how you felt)

9 - Where was I not fully present, not participating fully, or opting out?

Where did I have the opportunity to play full-out and didn't? Create the distinction between consciously choosing to not play full-out and not trusting yourself from the question above.

10 - Letting go, leaving behind, releasing

What do you want to let go of, leave behind or release and not carry into next year?



New Year Creation and Intention

Now before you move to creating and intentioning your year next year, take a few deep breaths and connect to your heart, Higher Self, Guides and Source to have the information flow from places other than your thinking mind. This is meant to be a heartfelt, spiritual experience.

1 - Theme word for next year

Whatever word FIRST pops into your space is the word. Don't try and fight it or decide it's not the one you were hoping for. Just use the word that comes and see where it leads you next year. Sometimes there are several supporting words, but one main theme word.

2 - Routines, habits and ways of being

What do you want to bring in regarding new routines, habits and ways of being and how will you start? BABY STEPS here - easy things that will help you build up to the place you want to be by the end of the year and sustain them if they are in alignment with you and your theme word.

