

# REVIEWING & RELEASING 2020

It is so vitally important for us to take a little time out now and then to reflect and take stock. And this year, more than ever, there is so much to take stock of! This workbook is a space for you to capture your thoughts and reflections on the year 2020. So, give yourself permission to take just an hour out of your day to get comfy, put a candle on or grab your favourite essential oil and spend some time reflecting and releasing. I promise you it will be worth it!

WHAT WERE YOUR GREATEST CHALLENGES IN 2020?



WHAT WAS YOUR BIGGEST LESSON IN 2020?



HOW DID YOU CHANGE IN 2020?



WHAT PERSONAL STRENGTHS DID 2020 HIGHLIGHT FOR YOU?



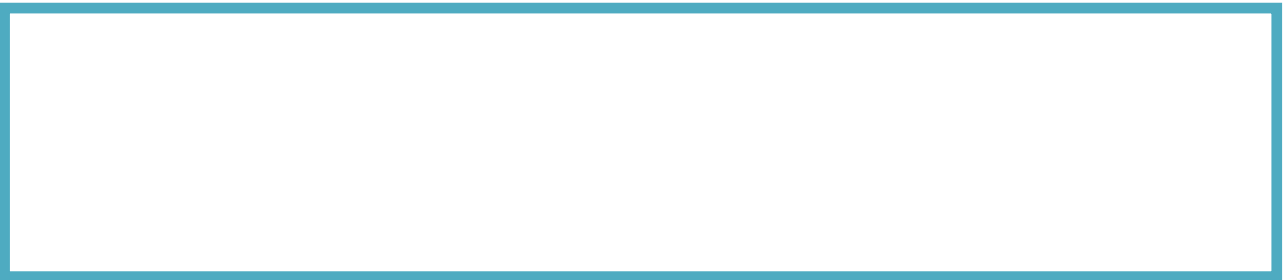
WHAT OPPORTUNITIES EMERGED FOR YOU IN 2020?



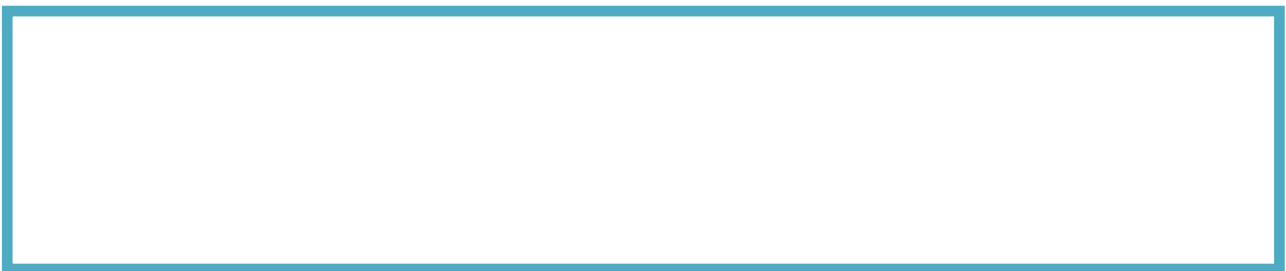
WHAT THINGS CAN YOU BE GRATEFUL FOR IN 2020?



WHAT ONE WORD SUMS UP 2020 FOR YOU?



WHAT SONG WOULD BE YOUR ANTHEM FOR 2020?



MAKE A LIST OF THE THINGS YOU HAVE STARTED DOING IN 2020 WHICH YOU EITHER WANT TO CONTINUE WITH OR STOP DOING IN 2021. AND A LIST OF THE THINGS YOU STOPPED DOING DURING 2020 THAT YOU EITHER WANT TO RE-START OR KEEP STOPPED IN 2021.

STARTED/CONTINUE	STARTED/STOP
STOPPED/RE-START	STOPPED/KEEP STOPPED

## A LITTLE RITUAL TO HELP YOU RELEASE 2020

I want to share with you a really simple little ritual to help you release anything you want to let go of from 2020.

1. Get quiet and bring to mind anything you want to release from 2020 (any negative thoughts, feelings, wounds, experiences, situations). Be guided by your intuition and allow whatever is trying to come to the surface.
2. Write down on a piece of paper what you want to release. The act of writing these things down is itself therapeutic as it takes them out of your head where they can create stuck energy.
3. In a safe place, light your paper and drop it into a fire-proof bowl (or drop it into a fireplace or firepit if you have one).
4. Create an affirmation to use as you watch the paper burn, such as "I release that which no longer serves me" or "I let go of the negative energy of 2020".
5. Visualise your unwanted thoughts and feelings being released from you. Allow any feelings of sadness, loss, fear or gratitude to surface.

