

REFLECTIONS OF THE YEAR

2023



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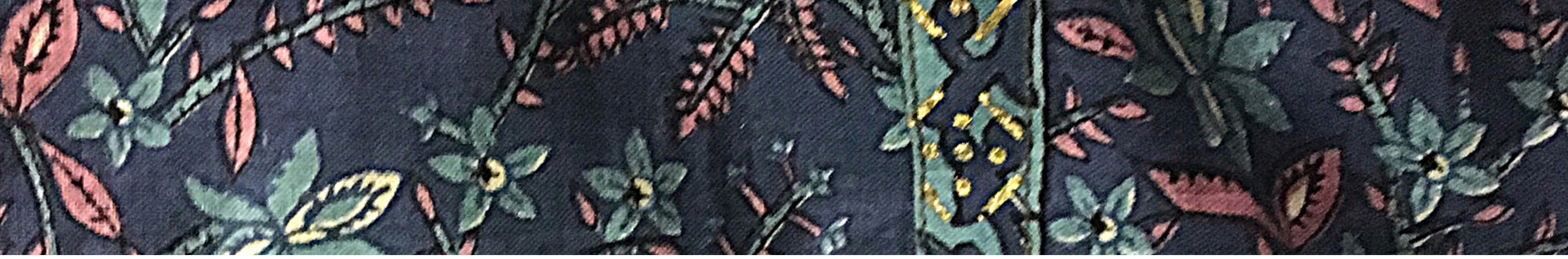


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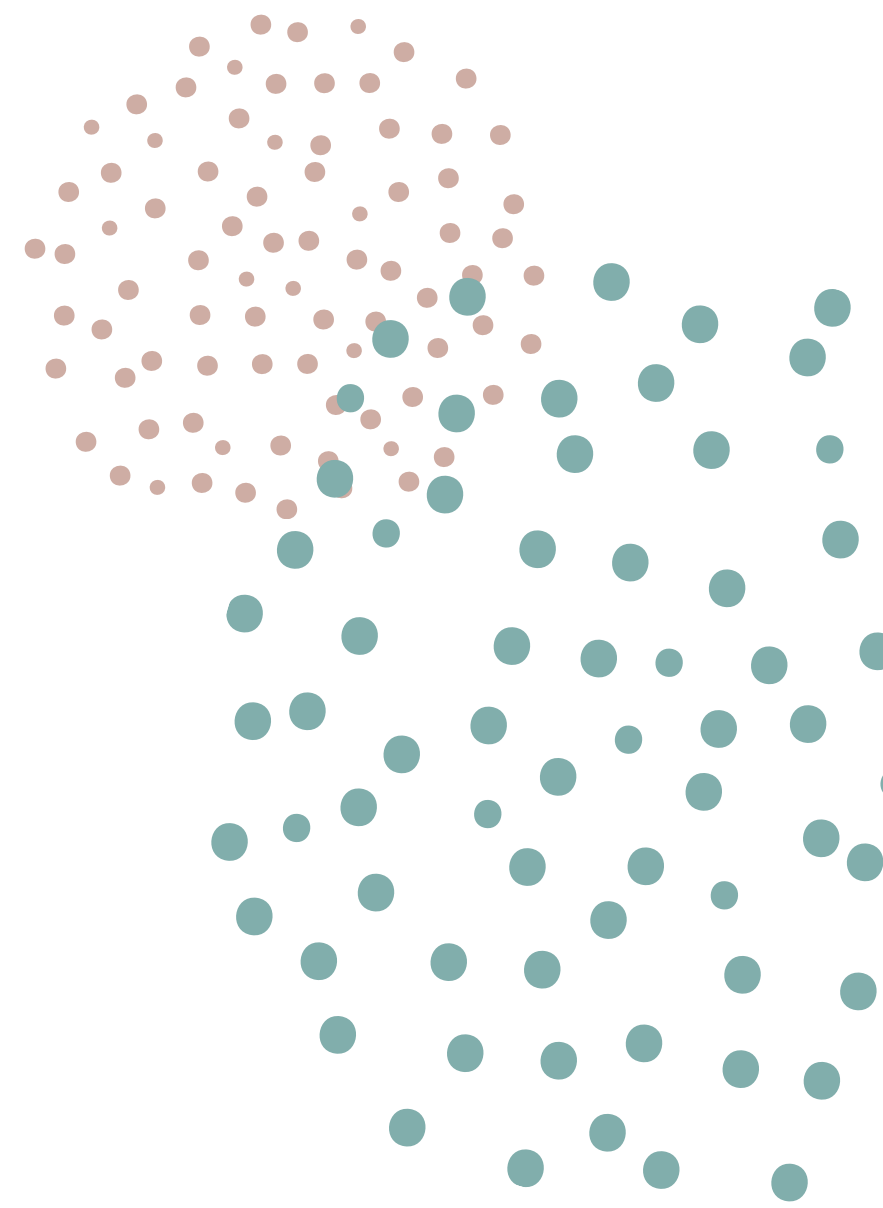
Holding space for the year that was

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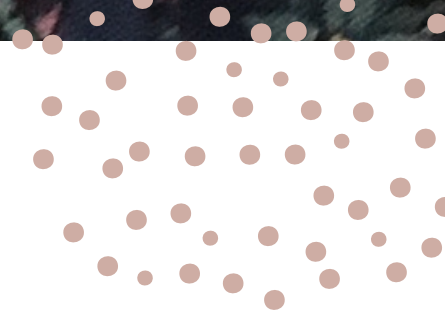
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Now let's make the magic happen





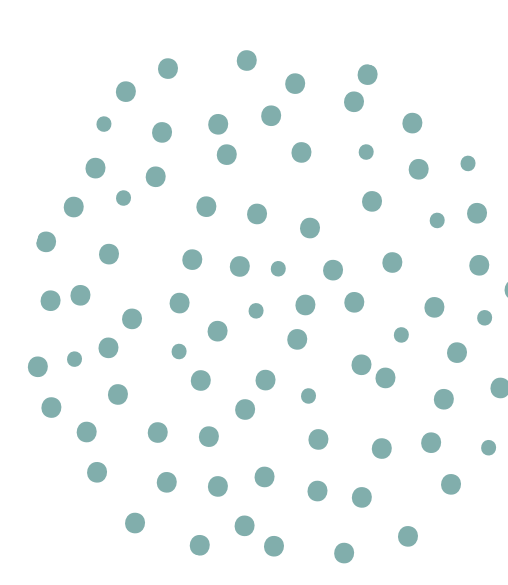
Welcome to Your Year!



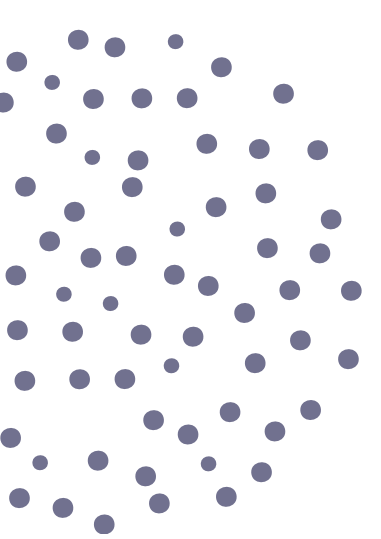
I'm excited that you chose this journal guide to be a part of your year. While this is an intentional exercise, please be gentle with yourself as it's also just a practice. Get a cup of tea, a gentle playlist and cozy spot, as well as a nice pen and notebook. My ritual also includes a tarot deck, some crystals and a candle, but that may not be your jam. Maybe it was a fantastic year and you deserve to celebrate. Or it's been an incredible hard and challenging year. Either way, give yourself the time you need to unpack it, reflect, and also honour what helped you get through it.

There is no rush to finish it, or to do it perfectly. In fact, revisit it throughout the year. I take my Guide out with every changing season to see if it is still working for me, and what i may need to tweak. A New Moon is the perfect time to do it, as it is the time of the month to set intentions.

I compiled a few of my favourite exercises for reflection, planning, and processing. This is just a guide and starting point. You may feel inspired to take it to another level - follow that. I share very summarized info about a few things, and if that brought on some curiosity to learn more about them, dive in and do your own research! Please note, this is meant as a fun workbook for you to use on your own. Follow your rhythm and listen to your body as some parts may be hard. This workbook does not replace therapy and the hope is that you to use it with your wellbeing in mind.



With love and warmth,
vania

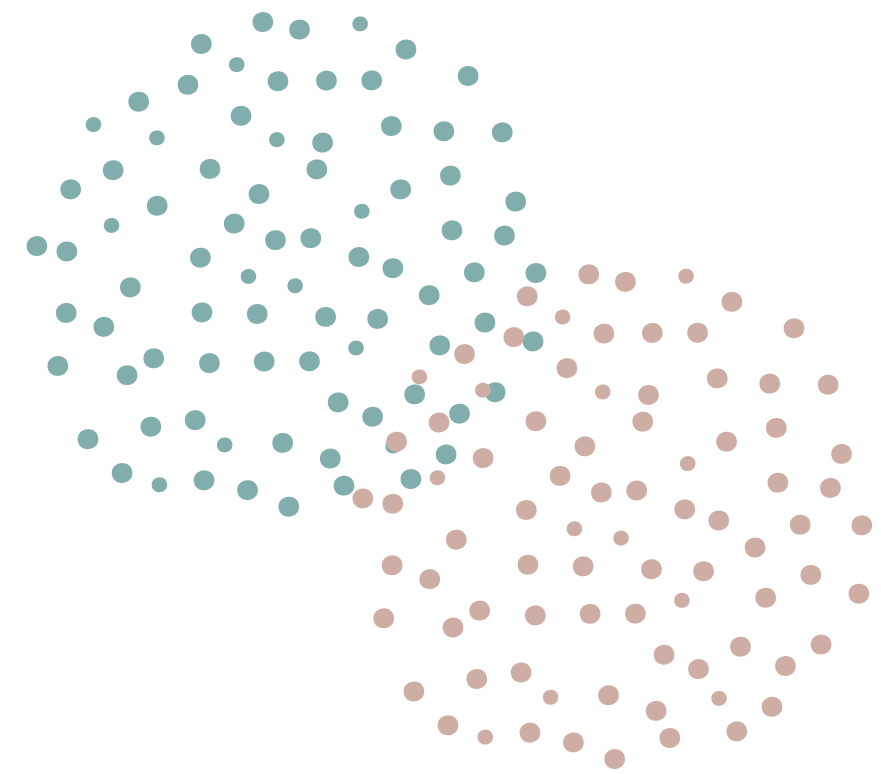


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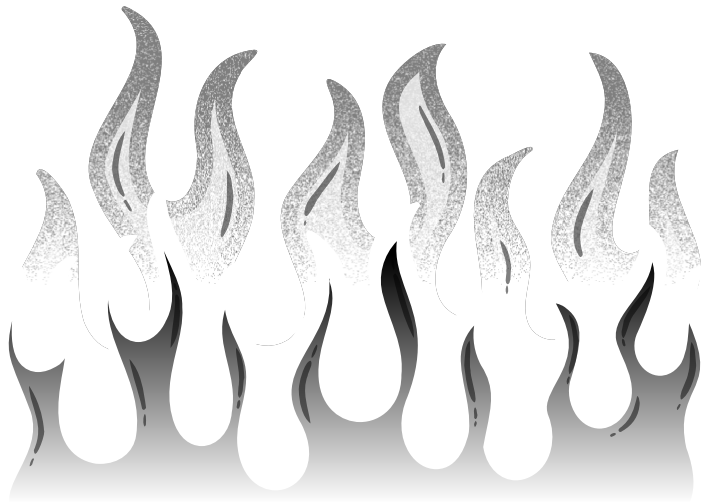
JOURNAL PROMPTS

It's always good to start with reflecting on the year that was. What did you discover? If you are stuck, ask yourself some of these questions...

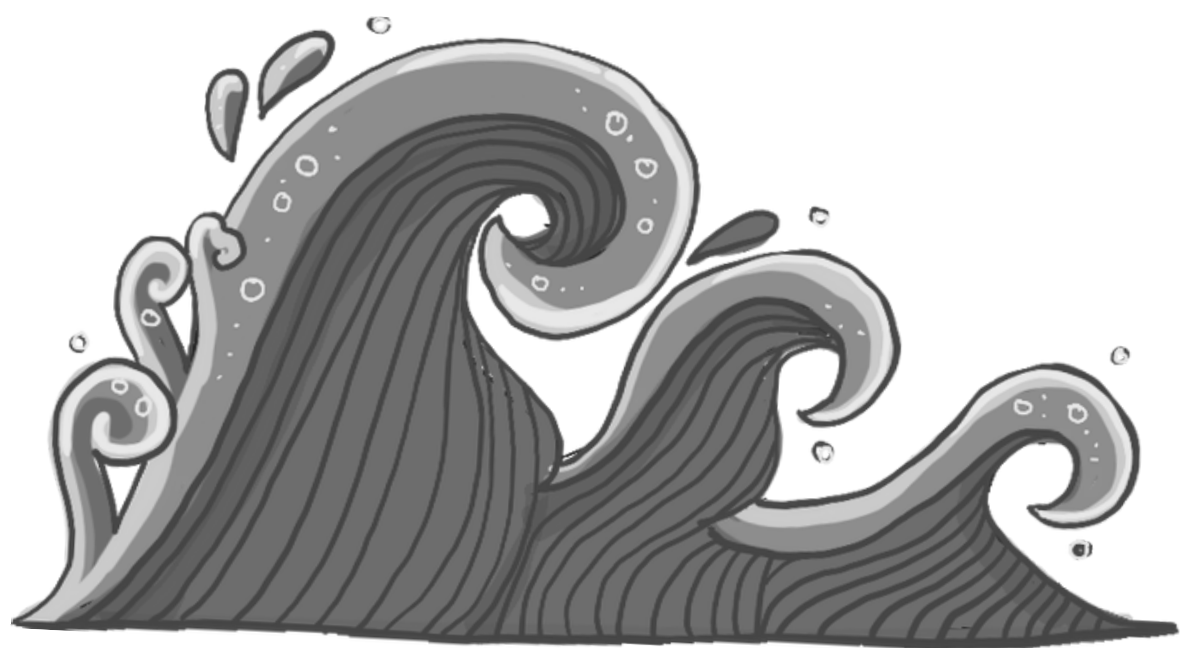
- 1) What was something that anchored me this year?
- 2) When was a time that I needed to feel safe, and what did I do or need to feel safe?
- 3) How did I take care of myself this year?
- 4) How did I surprise myself?
- 5) Who was there for me and how did I feel connected to them?
- 6) What is something I want to leave behind or let go of from 2023?
- 7) How did I care for my Mind Body Soul?
- 8) What did I learn about myself that I want to work on unlearning or shifting away from?
- 9) What is an ongoing challenge that is stuck and I may need some insight on?
- 10) When did I experience a moment of calm or rest this year?
- 11) How can I prepare for the coming year in a way that honours what I experienced this year?
- 12) What am i grateful for?
- 13) What brought me pleasure, joy or helped me smile?
- 14) How can I add ritual to what I want to cut the cord from so I can not feel so tethered to it?
- 15) Did I say no to something or practise setting a boundary? Did I say yes to slowing down and pausing so I could just be in the moment?
- 16) What do I need to grieve and say goodbye to so that I give it the attention it needs and that I can release off me?



FOUR ELEMENTS OF YEAR THAT WAS



FIRE: What do you want to burn and let go of? Find a candle, a small fire-proof pot (a cauldron!), or a real fire and let it go. What no longer serves you? Let's cut that cord that binds you! And yes, feel free to follow that urge to drop this note in the fire.



WATER: Good Tidings! What do you want to keep as a souvenir? Place a jar of water and pebbles, stones, or shells as a reminder of your treasures. These remind you of the ebb and flow of life, of feelings, of change and transitions. As below, so below - in and out goes life.

AIR: Take mindful breaths, making sure to breath in and exhale even more slowly. Let go of the old air. Whisper a sigh out of you. Give your body a new felt sense of ease. Drop your shoulders, shake your arms, and place your hand over your heart. Sway if you feel your body calls you to.



EARTH: Plant some seeds of intention - your Dreams to come. Either write down the dreams, draw your garden of hope, or find a way to plant some seeds for the year to come. Ground into this dream to help you start the inner work (like the invisible magic that happens in the soil)



*Meditation: If you would like to listen to a guided visualization, go to [this LINK](#) and it will take you to an audio recording

LOOK BACK TO GO FORWARD

My words for 2023 have been:

REFLECT: Something that I am proud of // never want to forget

RELEASE: Something I am leaving behind // never saw coming

What i carry to the new year:

REVISION: Something I am bringing with me to the new year

RECOMMIT: Something new I will focus on // am promising myself

INTENTIONS FOR THE YEAR TO COME

Now that you spent some time reflecting on this past year, let's start the planning for the year ahead. This is the fun stuff!



2024 is **STRENGTH** in Tarot (2+0+2+4=8). This card is all about strength, courage and perseverance. As it follows the Chariot, this is also a new cycle of putting into action things that are now aligning with our new stage of life. It means now putting into action, those dreams and hopes we've been having for ourselves.

How might you play to your strengths this year?
What do you need to feel more strength in yourself?

Just how do you do this, especially after such hard years?
Before you jump into this work, you may want to do something to get centred in your body and mind first. You may need to take a break from this workbook first. Take a walk, have a dance break.

When you are ready, get out your Tarot deck, a candle and tea or sit with a quiet breath exercise.

For this part, you may want to play with vision boards, a journal exercise describing your favourite day, or write letters to yourself – from your Future Wise Part, or to your Inner Child.
What part of your Self needs to be nurtured or honoured this year?
Maybe your Creative Part, your No Shit-Taker Part, or your Goddess Part wants to be more seen.

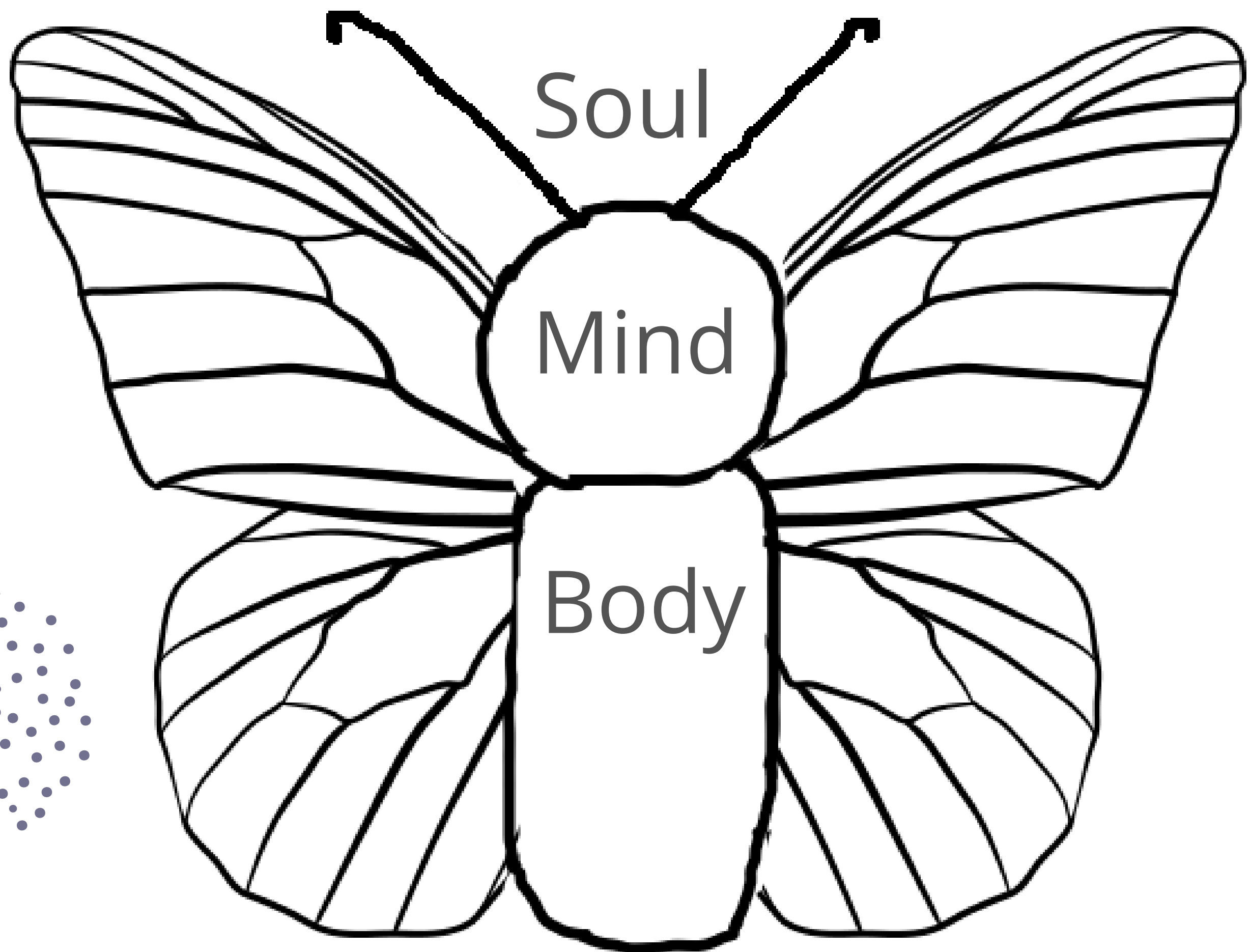
Over the next few pages are exercises that may help you find your intentions, words, or goals for 2024. They cover themes of self-care, community, mind/body/soul work, self-compassion, and rituals. There is no right or wrong way to do it. Rather it's a way of turning inward and listening to your body, mind and soul.

In fact, let's start there: What can you do to honour your
MIND BODY SOUL this year?

Check out my tool on the next page for inspiration.



MY BALANCED LIFE



4 Wings of Connection

Think of these butterfly parts as a way to create more balance in your own life. Each part is integral to living well. Like a caterpillar to a butterfly, we can create that transformation that is needed to live our life as we love. The transition is messy at times and slow moving – give yourself grace!

Antenna: Soul and Spirit Work

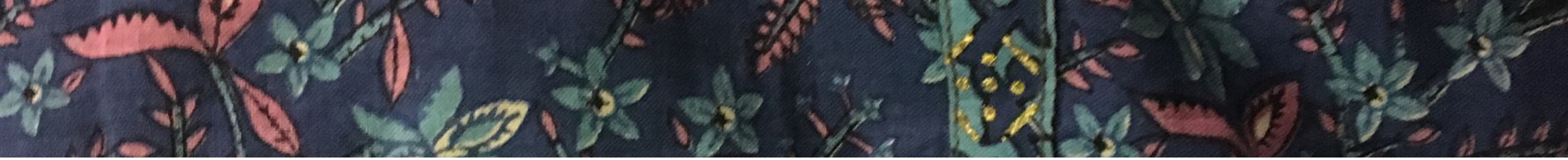
Head: Mind and Mental Health

Body: Physical Self-Care

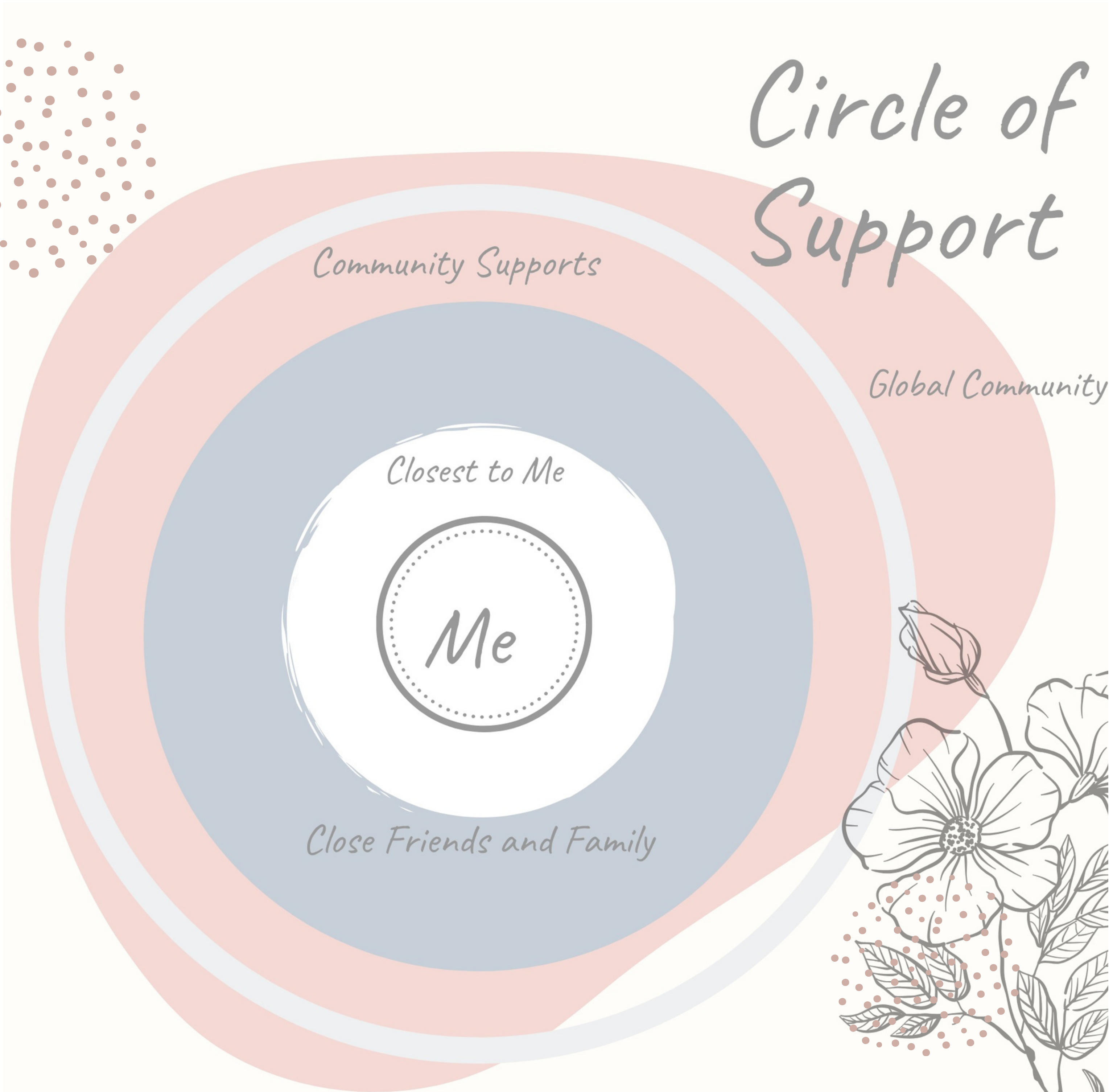
4 wings of Connection:

family, friends, community, global collective

In each part, write what you do that nourishes you, and what you wish to add in order to create more balance.



When we have a sense of who is in our village, it is easier to ask for help so the intentions we set for ourselves are realistic and sustainable. We are not meant to live this life alone. Asking for help is a necessity and vulnerable. In these circles below, think of people that may fit in each one. The smaller the circle, the more support you get from this person, and the more you trust them.





SELF-COMPASSION

Kristin Neff coined the term Self-Compassion, and it's a big part of my own practice so I wanted to share it with you. There are 3 pillars - Kindness (treat myself like the way we treat others; Mindfulness (becoming aware of the here and now moment) and Common Humanity (shared experience with others).

What are some ways you can practice more self-compassion? Use the space below to get a snapshot of each of the pillars and create a guide just for you.



Kindness

Mindfulness

Common Humanity



THREE R'S OF SELF-CARE

Self-Care gets such a bad reputation but it is crucial for survival because it is what preserves us. It is more than doing nice things for our Self, and soothing ourselves in a hard moment. The care we give ourselves is what sustains us so we can live our life the way we dream up. I like to think of self-care more as Self LOVE versus self-soothing - these acts enhance our life experiences to be more on par with the life of our dreams. Self-soothing or tending to our basic human needs are the foundation - this is literally next level.

These acts of care can be Physical, Emotional, Social, Nature-based, or Spiritual practices.

In your journal, write some ways you can practice this more daily, weekly, or as needed. What soothes you in a given moment of overwhelm or stress? What helped you get through your harder moments this year?

To make this practice even easier, i have broken them down into 3 pillars:

Restorative: this is what restores me
(i.e. a long bath to soak my body, a good meal)

Reflective: a way to hold space for my feelings and thoughts
(i.e. therapy, a talk with a friend, journaling)

Radical: honouring my boundaries and what is best for me
(i.e. saying no to something that doesn't honour my needs, doing other's work)

Rest is so important to help our body and mind regulate. Learn some ways to take care of your body and mental health. For instance, here are some ways to get rest: time away from everything and everyone, self-permission to not help others, do something unproductive, connect to art or nature, be still and pause, have a safe sacred space.

When you are noticing that you really need to slow down and unwind at the end of the day, notice what type of rest would be the most helpful - it may be permission to not do anything. Or maybe it's time alone and savouring the quiet. How might you do that?



*"you do not just wake up and become the butterfly -
growth is a process"*

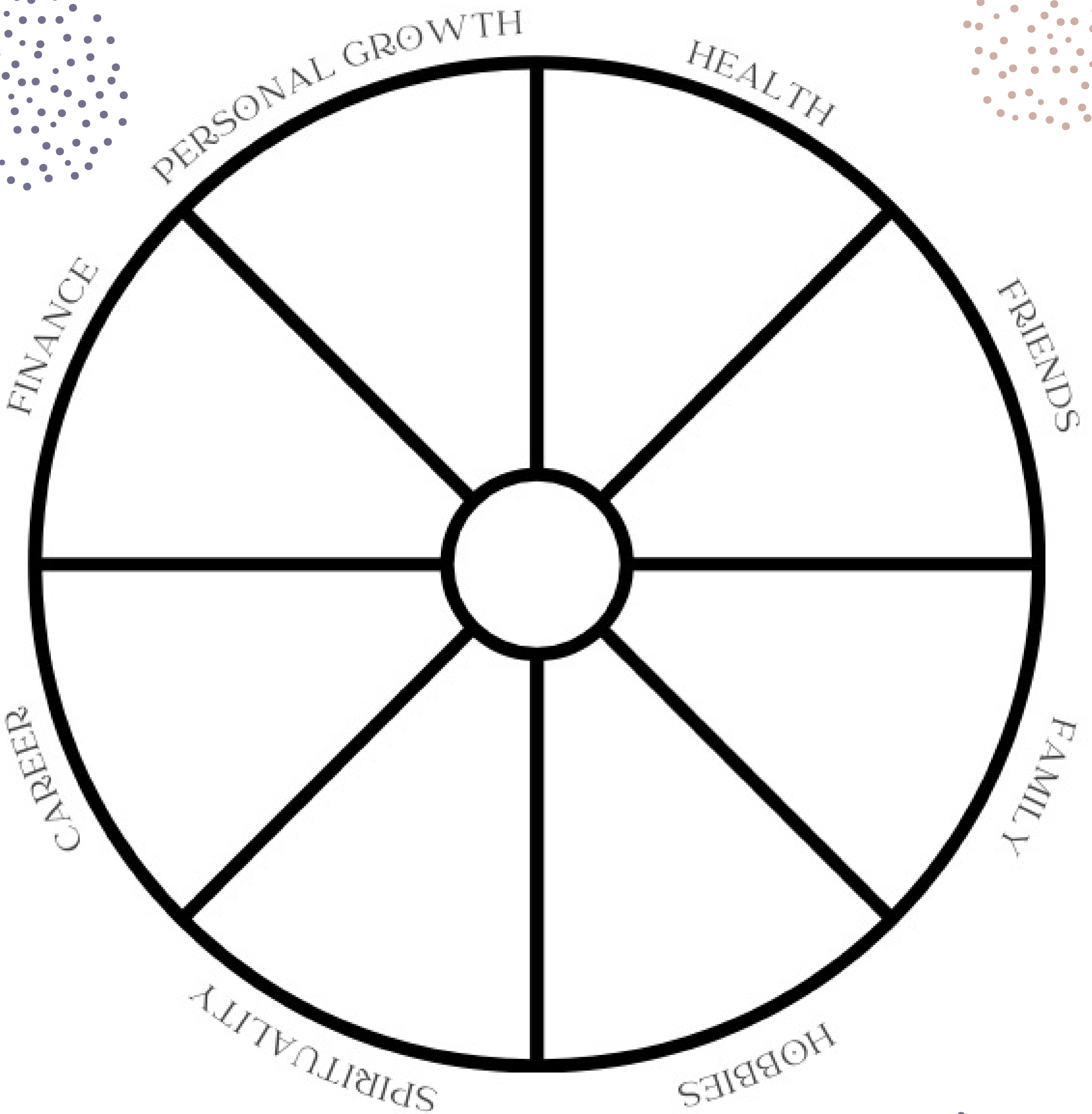
Rupi Kaur

vania

WHEEL OF LIFE INTENTIONS

The Wheel of Life is a great tool that helps you better understand what you can do to make your life more balanced. Think about the 8 life categories below. Look at them them from 1 - 10. How full might one piece be, and does it take from another area.

*For more on this tool, look up Wheel of Your Year, or Kimothy Joy's workbook



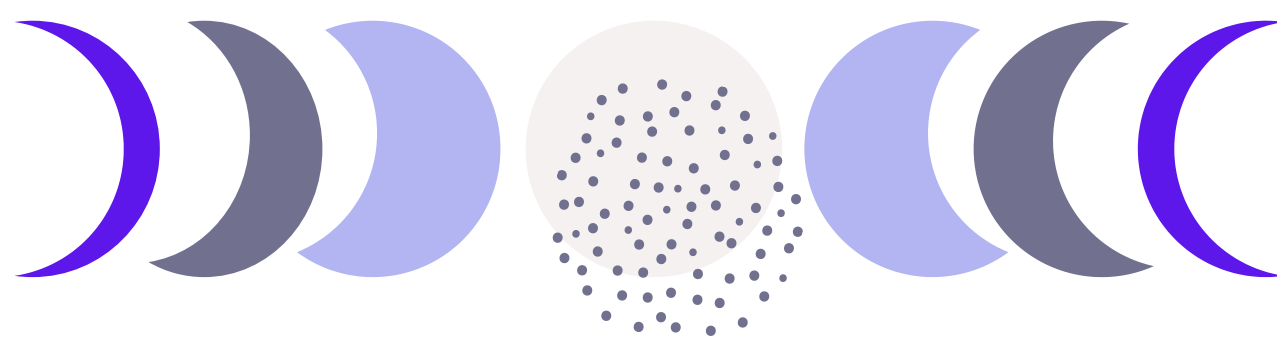
CYCLICAL LIVING

I love a good circle symbol, as it reminds us both of circular living, as well as the spiral path of life.

The **Wheel of Life** worksheet is a great exercise to help you get a sense of the life you want to be living. It's divided into 8 pieces that are guides to help you see what you have in abundance, just enough of, or have scarcity in.

Take out your journal and draw a blank wheel with these 8 pieces. Then, reflect on what you do or would like to do this year for each of the categories. See what is calling to you, and what you may want to change to make more fitting for your own life. What areas of the wheel are you most wanting to work on? Can you add things you do in each of the pieces? What can you add to create more balance?

Some other ways I call on my intentions for the year are pulling Tarot cards, learning about the moon phases and how they draw different energy from within me. These rituals are a wonderful way to keep drawing me back to my intention. It also reminds me that there are days my body needs to rest, and that's okay.



Moon Cycles and Moon Mapping

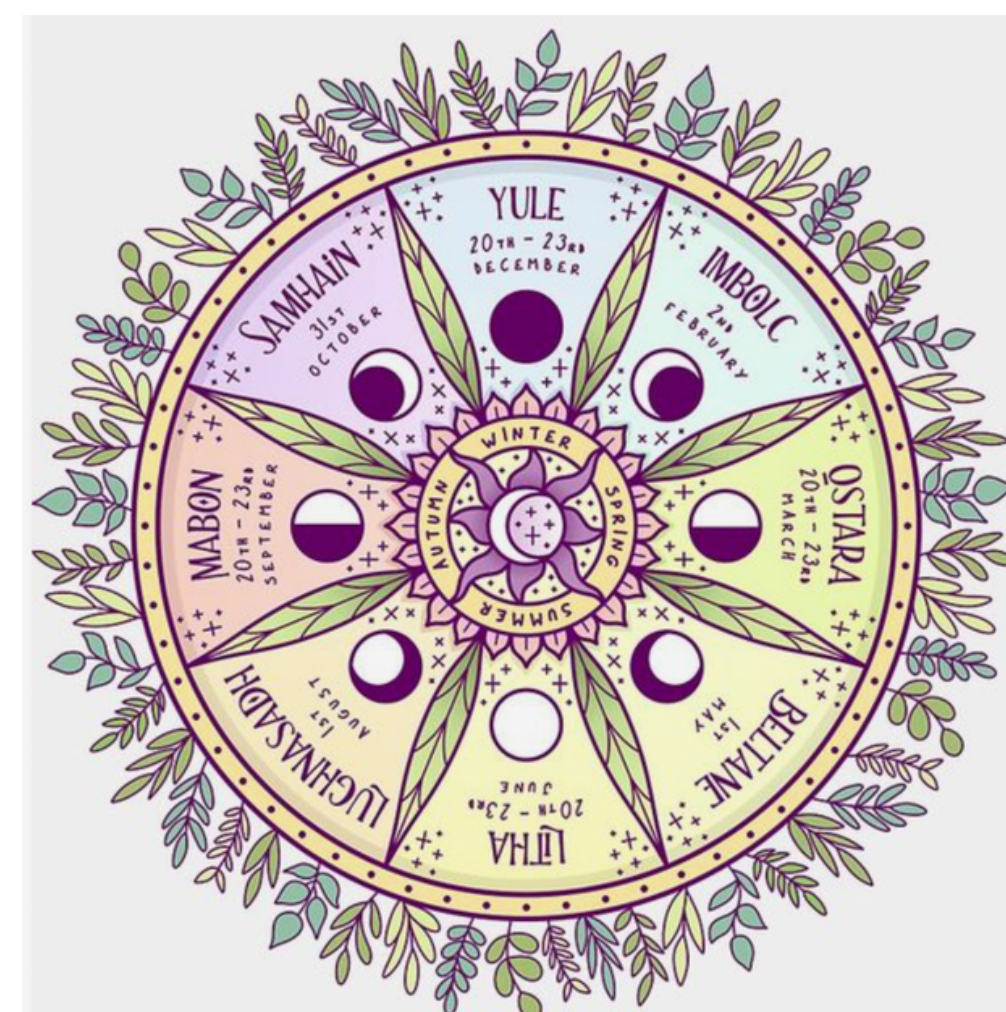
Did you know the various moon phases correspond with different energies and phases for us as humans? For instance, here are some phases:

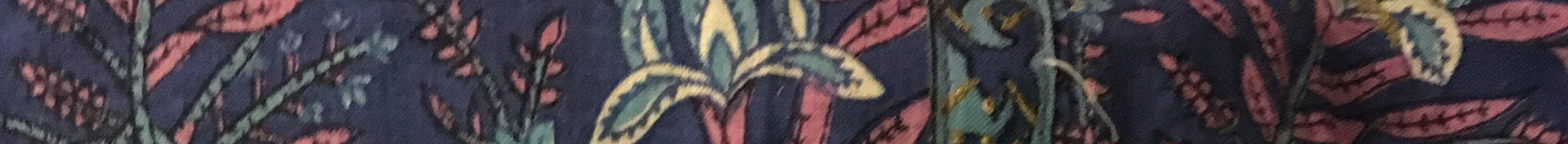
- New Moon- plant seeds of intentions, dream, hope and rest/recharge
- Waxing Crescent- optimism, beginnings, start something
- Waxing Gibbous- healing, health, growth, self-care
- Full Moon- harvest, ancestor work, reflections of past month, celebrate
- Last Quarter- balance, research, gratitude

Wheel of the Year

Another more seasonal way to integrate our dreams is by honouring the change in seasons. The Witches' calendar is marked by 8 sacred days - four of them honour the seasons and the others celebrate ancient Pagan customs around harvest season. I appreciate these days of significance and ceremony as they reconnect me back to the land and remind me of what is truly important.

Based on this wheel, what might be an important date for you to honour? How might your ancestors have celebrated it? What traditions may be old and forgotten?



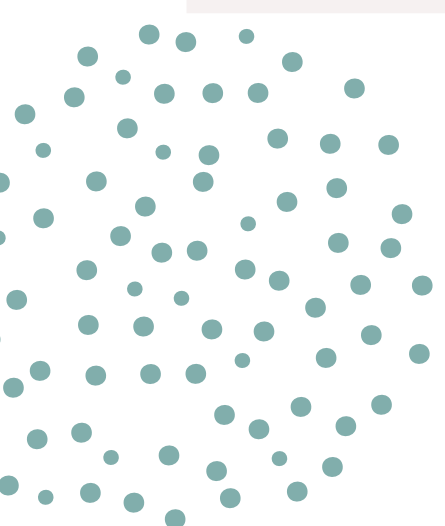


Seasonal Planner



What are some ways you can take care of your overall well-being this coming year?

PILLARS OF HEALTH	WINTER	SPRING	SUMMER	FALL
PHYSICAL				
EMOTIONAL				
SOCIAL				
MENTAL				
SPIRITUAL				
SEXUAL				

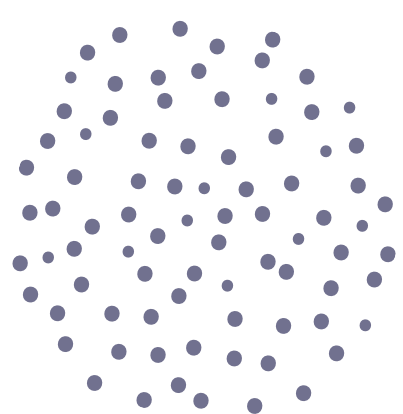


ANCHOR GUIDE WORDS

I like to reflect on my intentions every season and have a word that anchors the season with my main word. You can read more about my word [in my journal article here](#). My body's internal energy ebbs and flows like the seasons, so it helps to recognize this. I give myself permission to honour what I need in the present. What do you notice about your cyclical energy? Is there a pattern? Are there key dates that you honour? Do you menstruate and does that impact your energy?

Share some thoughts in your journal.

Now that you have spent some time with these exercises and contemplations, it's time to think of what your priorities are for this year.



What are some themes that came up?
What feels pressing or calling for your attention?
What is an intention that keeps coming back to you?
Are there any goals that speak to you?

If you have Tarot or oracle cards, these are a great tool to use here. Ask the cards as a guide. Start with a 3-Card Tarot Pull - For instance, Mind Body Soul or Past Present Future. One that I use is What is the next step in my journey, what do I need to embody my strength, and what will be a guide for me this year.

If you don't have cards, don't worry. Is there a word that speaks to you? Or a lingering inner quandary that keeps showing up?

The word of the year is not about a prophecy or goal. Rather, it acts as an anchor to help guide you, to keep you on track for your life's journey. It is a way of holding space for you as you venture on this messy spiral path.

This is where your words come in. You can have 1 or up to 5. I like the power of 3 myself. Then, find a way to anchor the top 3 words. Maybe that is where your vision board can come in, or a journal entry or sticky note pledge. Maybe there is a symbol that captures it. If you like to draw, this is a great resource to put to watercolour! Keep your words in plain sight as a reminder and commitment to keep coming back to this year.

So, now get ready to put it all together...



RITUALS PRACTICES

This is where the magic happens and we get to integrate our dreams for this year to come.

Esther Perel shared that routines are what ground us, and rituals are what bring more **pleasure** to our life, and elevate us. I love that! What might be some Rituals you have wanted to come back to, or start? They act as anchors to live your life with intention.

What about a daily morning or evening practice? I have a sacred session when I'm going to bed. I'm not a morning person, so for me it's about what will make this practice happen that matters. I usually light a candle and/or incense, get out my journal, pull my cards, and reflect on what I'm grateful for or proud of. It's a way of me holding space for myself.

These rituals help me keep my commitment to my word alive. Share some ideas in your journal. Do you have a morning practice or bedtime ritual? How can you mindfully bring attention to your word? In what way can you connect with it?

There are many ways you can intentionally manifest these visions into reality. And make sure to celebrate everyday wins! It's not just about the big stuff.

If you want some more guidance on how to create your own sacred ritual, here are some resources that I have found really helpful:

* *Many Moons Planner* by Sarah Faith Gottesdiener

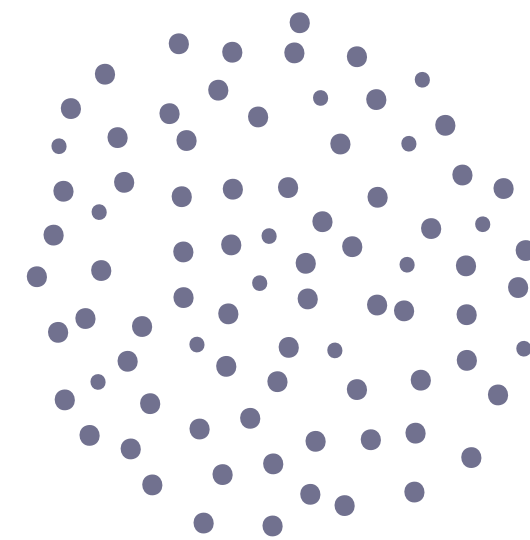
* *Rest is Resistance* by Tricia Hersey

* *Root and Ritual: Timeless Ways to Connect to Land, Lineage, Community and the Self* by Becca Piastrelli

* *The Spirited Kitchen* by Carmen Spagnola

* *The Grandmother of Time: A Woman's Book of Celebrations, Spells and Sacred Objects for Every Month of the Year* by Szuszanna E. Budapest

* *You are the Medicine: 13 Moons of Indigenous Wisdom, Ancestral Connection and Animal Spirit Guidance* by Asha Frost



CASTING A VISION FOR THIS COMING YEAR

After looking back on the exercises and reflections, what stands out to you? Who are you becoming? What feels grounded and centred in your body as you sit with the prompts?

What are your goals, hopes, dreams or words for this year?

Here you can get out the vision board or letters to Self. If you are still processing this, maybe some journal prompts that may help:

1. Who do you want to become, or are becoming
2. Finish this thought "I have always wanted to....."
3. What do you need to say bye to in order to become (i.e. an archetype or inner part, or a habit). This is what helps the transition and integration of a rite of passage
4. Picture yourself as the Wise Elder you deserve to become some day: What is something you want to look back on your life with pride?
5. What is holding you back from this precipice?
6. Who are some of your guides that you turn to for support?

Now with that in mind....

My words are:

Some ways i will honour them are:

Now is the time to put it all together and see what you come up with. How can you hold yourself accountable, and be both realistic and gentle with your Intention's expectations?



What might be a priority – can you work on a 30-day plan to get you started? Find a way to place your words where you can reflect on them, and come back to – a collage on the fridge, a card, your backdrop on your phone maybe.

Don't skip this step – it is what makes the magic actually happen.

As this is a cycle of life, look back to other times you worked on goals – what worked, what didn't, what can you do differently? What might be my first step in reaching the goal?

Set the intention, confirm it's possible, then take action.

After you are done, always take time to **rest, reflect and recharge.**

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You made it! If you are reading this, you have gone through the exercises and have a better sense of your plan for this year. Yea!

Thanks for joining me on this journey. I'm honoured to be a part of yours. Don't forget to be gentle on yourself with this resource and keep coming back to it.

If you have any questions or would like to unpack this further, please contact me. I am a Registered Psychotherapist in Ontario, and practice as a Feminist Therapist where I provide therapeutic support to people to heal from trauma (especially developmental trauma, relational abuse, and sexual violence), as well as parents who have experienced birth trauma or are adjusting to a new rite of passage stage in your life.

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"The psyches and souls of women also have their own cycles in seasons of doing and solitude, running and staying, being involved and being removed, questing and resting, creating and incubating, being of the world and returning to the soul-place."

Clarissa Pinkola Estes


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