



End of Year
Celebration
Journal

wayfarer
wellbeing with lizzie



What I can celebrate myself for is...

My wins are...

Now don't be bashful! So many of us women 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...

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 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.

And please **DON'T FORGET** to include yourself in the things you're most grateful for.



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. 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.



What I have learned is...

What's opening up for me is...

What I'm discovering is...

Sometimes it's easy to see the wisdom and learnings that are to be gleaned from our experiences. At other times, it's more murky. If right now nothing seems to spring to mind, allow yourself to just stay in that place of questioning, an expansive curiosity that allows you to open up to new awarenesses and insights. Perhaps, it's a case of simply living in the question "I wonder what there is to learn or discover.." and leave it at that. Rather than forcing an answer that doesn't seem genuine, allow the question to be enough. Often, true power comes from permitting ourselves to exist in that place of questioning and patiently allowing for the unfolding of wisdom.



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 perhaps the things we really want we have no idea how we would strategically plan - attracting a soulmate, healthy living (not to be confused with yo-yo dieting and stressful exercise regimes), living a life that's aligned with our purpose, attaining true prosperity or really, any of the multitude of desires that spring from our heart. Even thinking about these things frequently 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 all of life was organizing around your success, 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 it feel like? Look like?



The woman I'm becoming is...

Now take it a step further, begin to inhabit the viewpoint, the stance of the woman you are becoming. Who will she be? How will she move through the world? How will she show up differently? What will she focus on? What will she prioritize? Where will she be putting her energy? Imagine becoming her.

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!**
