

Phase 1: December 31 to January 5 2023
IN THE REARVIEW MIRROR



This past year...

I felt good about...

I'm proud of...

I felt inspired and energized by...

I felt depleted when...

This fed my soul...

"The first half of life is devoted to forming a healthy ego, the second half is going inward and letting go of it." — Carl Gustav Jung

Phase 2: January 6th to January 10 2023

INNER TRUTH AND HUMAN CONNECTION



Journal Prompts:

What kindred spirits can you spend more time with?

Who has your back through thick and thin?

Where didn't things work in relation to others?

Who can help you fulfill your healthy ambitions for 2023?

Who energizes you, who depletes you?

"As far as we can discern, the sole purpose of human existence is to kindle a light of meaning in the darkness of mere being." — Carl Gustav Jung

Phase 3: January 11 to January 15 2023

ASSESSING WHAT IS



Journal Prompts:

Are you living as your most authentic self?

What are you tolerating that needs to change, for you to move forwards?

Where are you not respecting yourself?

Where can you be more forgiving and understanding of yourself?

What gives you a sense of purpose and spirit?

"What you resist, persists" — Carl Gustav Jung



Phase 4: January 16 to January 20th 2023

REVEALING PEACE, EASE, AND SELF-KINDNESS

Journal Prompts:

Where is your mind seducing you?

Where can you let go of your self-imposed limitations?

Do you see your mental distortions of who you are?

How can you move forward resting within yourself?

What's one change you could make for more inner peace and calm?

"Wholeness is not achieved by cutting off a portion of one's being, but by integration of the contraries." — Carl Gustav Jung

Today, light a candle in honor of 'You' and the part you play in weaving an 'energy of healing' for humanity, the planet, and most important - yourself.

This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

Releasing what no longer serves you – liberating yourself from the hidden forces that bind you – living a fulfilled and freedom-infused life is the greatest gift you can give yourself. It's a gift to everyone you interact with too!

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