



WINTER REFLECTION RITUAL

Make a list of:

- Successes and failures over the past year. Take a moment to celebrate them **all**. Who did the failures help you become?
- Synchronicities, coincidences and intuitive experiences.
- The seen and unseen forces supporting you. Take a moment to acknowledge and honor them in a way that feels good to you.

Where in your life and what specifically are you ready or willing to let go and release. Include things, relationships, people, habits.

What are you deciding you will no longer be available for?

What feelings and experiences are you calling in?

Who are you becoming?

What will you give freely with no expectation of return??

