



## *New Years Reflections*

As we enter the New Year, take time to ask and explore these simple questions:

What shall I now release from my life?

What or who no longer works for me?

What am I holding on to that holds me back?

What thoughts or beliefs belong to the old me?

How am I being unloving to myself?

Am I ready to let go?

What do I believe that really works for me?

What is going on in my life that is terrific and wonderful?

Where am I being very loving to myself?

Where am I most content?



## *New Years Reflections*

What do I want to bring to my life?

What do I want to create?

How do I want the next year to be?

How do I want to look?

What image do I want to project?

How healthy do I want to be?

How prosperous do I want to feel?

How much love am I willing to experience?

What kind of world do I want to live in?

Where do I want my spirituality to go?



## *New Years Reflections*

### **Affirm:**

- I know that where I am is the totality of possibilities...not just a few possibilities, but the totality of all creation.
- I am not limited by statistics, medical opinions, time or authorities.
- I am one with the infinite wisdom and capabilities of the Universe itself.
- All good is available to me, right here and right now.
- All I have to do is to use the power of my thoughts to create that which I desire. I know that. Now let me live it!

Wishing you all a year filled with abundance, joy and connection!