



2022 Reflection and Reclamation and 2023 Calling and Willing Elemental Practice

Here we are at the end of 2022. Another year has gone by. I always end my year by reflecting on what I am proud of, what went well, what could have gone better, and what I did not do that I still desire to do. This is one of the most important pieces of wisdom I have gained over the years that we must, must, must look back and celebrate the wins, claim wisdom from what felt like losses, to truly honour all that we experienced... for today, in this moment, we are who we are because of our choices, our reactions, or inactions, and, indeed, everything we experienced.

It is also essential to look ahead and call in what we are willing to show up for in our lives. To make a plan, to engage in what it will look like, feel like, how we will support ourselves, and how others can support us, as well as if we need any tools, knowledge or experiences to support our ambition.

The first few pages are some resources I have put together for you to engage with and understand the depth behind what you are doing when you choose to do this 2022 Year End Reflection and 2023 Calling and Willing Elemental Practice.

To live a life with awareness, intention, self-compassion, and the allowance of emotions is to live a life that is worthy of attention. The emotion wheel always supports our journey. As we live life with more meaning, we will all notice more emotions that arise; this wheel helps us accept and claim what we are experiencing in our heart-led life to understand and empower ourselves.

The last pages are the guided practices. I encourage partners, spouses, family members (kids love this practice), friends, etc., to do this together. It's a great exercise to do, requiring to set aside about an hour for you and whomever is joining you, and then it is really helpful for everyone to share what they are open to sharing.

When we share the depth of what we understand from our 2022 reflection, the inner workings of our mind, and our heart- and soul-led ambitions for 2023, we will gain closer, more fulfilling, inspiring and supportive relationships.

The key to life is to live it fully, authentically, emotionally, freely, and ambitiously while being open in our spirit, trusting and ready for anything. What is for us will arrive.



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To be Aware

Awareness can bring so much to our life. But the key is that with awareness comes acceptance of who we are in this very moment. How we are being. How we are living.

With awareness, you can take it as deep as you want. Once you become aware of something you can also become curious as to where this pattern came from, this habit, and this way of being... and consciously intently choose a more aligned path.

You can also choose to just be aware of it, accept it, and then with intention choose if this is serving you. Or if you can reinvent your ways through play, through trying a different way, and seeing if that feels better. if that feels in more alignment with how you want to show up in the world.

My hope is that bringing awareness brings in a deeper level of truth and acceptance of who you are and that you choose to love yourself deeper. Get to know yourself more.

Intention

The word Intention holds the vibration of:

What am I choosing to become? What am aligning with?

The key to living life with intention is to know your values. To know what is important to you. What are you "WILLING" in your life? What are your top 5 values?

Dependability, reliability, loyalty, commitment, open-mindedness, consistency, honesty, efficiency, love, creativity, humour, compassion, motivation, positivity, optimism, respect, passion, courage, vulnerability, balance, curiosity, determination, strength, faith, etc.



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Self-Compassion

Critical self-talk is linked to negative outcomes for mental health and human potential. Negative self-talk has been shown in research to decrease our motivation over time and activate our Fight-Flight defense systems. However, moving towards an inner narrative of self-compassion is strongly linked to:

- Less depression
- Less anxiety
- Decreased stress response
- Less tendency towards perfectionism
- Increase in general happiness
- More life satisfaction
- Greater Motivation
- Greater self-responsibility
- Making healthy lifestyle choices.

Emotions

Emotions are connected to our most essential needs. They rapidly alert us to situations important to our well-being, giving us information about what is good and bad for us by evaluating if our needs are being met. They also prepare and guide us in these important situations to take action towards meeting our needs. Also, they are our primary communication, rapidly signaling our intuition, and affecting other people when expressed.

- The goal is to be INFORMED by our emotions and NOT CONTROLLED by them
- Not over-regulating them (suppressing, numbing or avoiding) or under-regulating them.

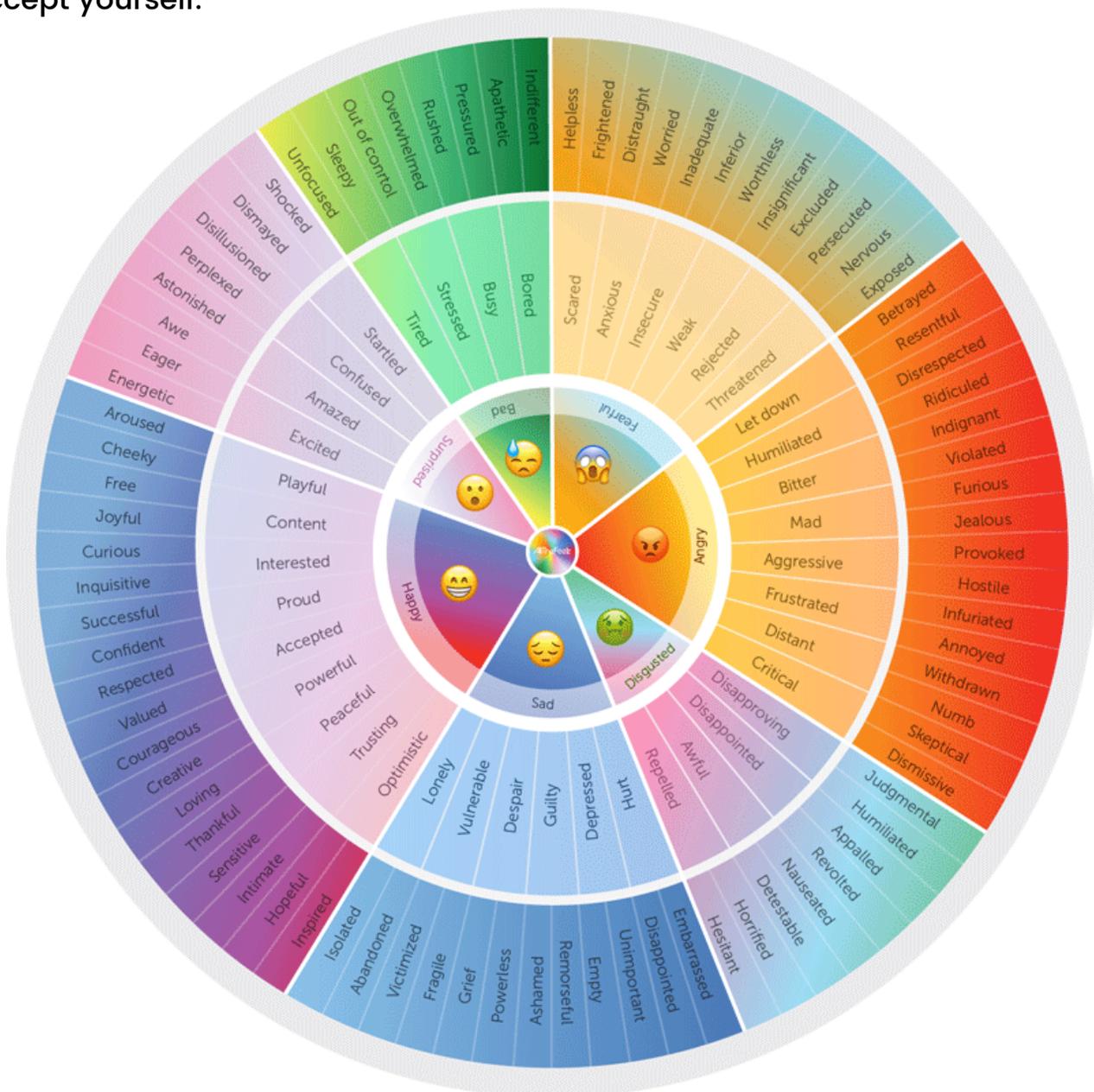


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Introducing the Wheel of Emotion. As you are on this journey, general awareness of your emotions is very important. To name it is to tame it.

So if you are feeling annoyed with yourself, frustrated, or are using words that are not compassionate, you may use this as a way to understand yourself better.

Emotions are not "GOOD", or "BAD", they just are... and to not accept them is to not accept yourself.





2023 I AM STATEMENT

I AM _____

You have claimed your wisdom from 2022, given yourself credit for your successes, spent some time understanding why they were successful and, with an open mind, recalled what could have gone better, why, and how you and others could have supported you differently.

Now it's time to come up with an "I Am" statement or affirmation to embody and become for 2023.

This could be: I am strong. I am calm. I am patient. I am persistent. I am consistent. I am open. I am love. I am hopeful. I am courageous. I am stable. I am present. I am aware, etc.

It's essentially a quality that would have supported you in 2022, possibly one that was there in all your success, one that you WILL need to harness and become in order to "WILL IN" your ambitions for 2023. When you decide, write it above. The example I will use is "I AM CALM". Then ask yourself the following questions:

What does "CALM" behave like? (bedtime routines, morning routines, diet, driving, speaking, listening, etc.) _____

What does "CALM" breathe like? Move like? Walk like? _____

What boundaries does "CALM" need? _____

What do you need to say yes to and no to, in order to become CALM?

