

**Everybody has a story.
What's yours?**

New Beginnings Writing Guide

"I always get to where I'm going by walking from where I've been."
— **Winnie the Pooh**



What are you taking with us into the new year and what are we leaving behind? As we take this opportunity to reflect on the past year, let's welcome a new beginning with intention.

With each of these writing prompts, feel free to flow through your thoughts, unconstrained by time, space, or objective. Simply feel what comes up as you write. We also invite you to create a visual board (through collage or multi-media montage) to manifest your thoughts in alternate ways.

1. Think about a single word that represents how you would like to feel by the end of the year. It can be a word that symbolizes your growth, it can be an emotion, or it can even be something more tactile like a new role, profession, or location.

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2. There are so many ways to turn your dream goal into a tangible objective. Write down 5 things you could do to help manifest your goal.

REFLECT.

3. How much of the list above is in your control?

4. Can you imagine the feeling you would have if/when your goal has been achieved?

REFLECT.

5. Can you imagine the feeling you'd have if it didn't manifest into reality by the end of the year?

EXPRESS GRATITUDE.

Where are you now in the process of working toward your goal? What in your life has led you to this place, and how can you express gratitude for what / who you currently have/are?

Setting goals is an expression of great freedom. While some spend each day working toward providing the bare essentials to survive, we have the great privilege of using our time to reflect and introspect on who we are, what we have and what we would like to work toward.

SETTING INTENTIONS

In each of the circles, write a few emotions that came up during this exercise reserving the left circle for positive emotions and the right one for negative emotions or limiting beliefs. Then, set an intention that allows you to hold space for your emotions while also releasing them. Write that intention at the centre.

