

End of Year Journal

Calm

2020 Reflections

What challenges did you face?



How did your heart open?



What lessons did you learn?



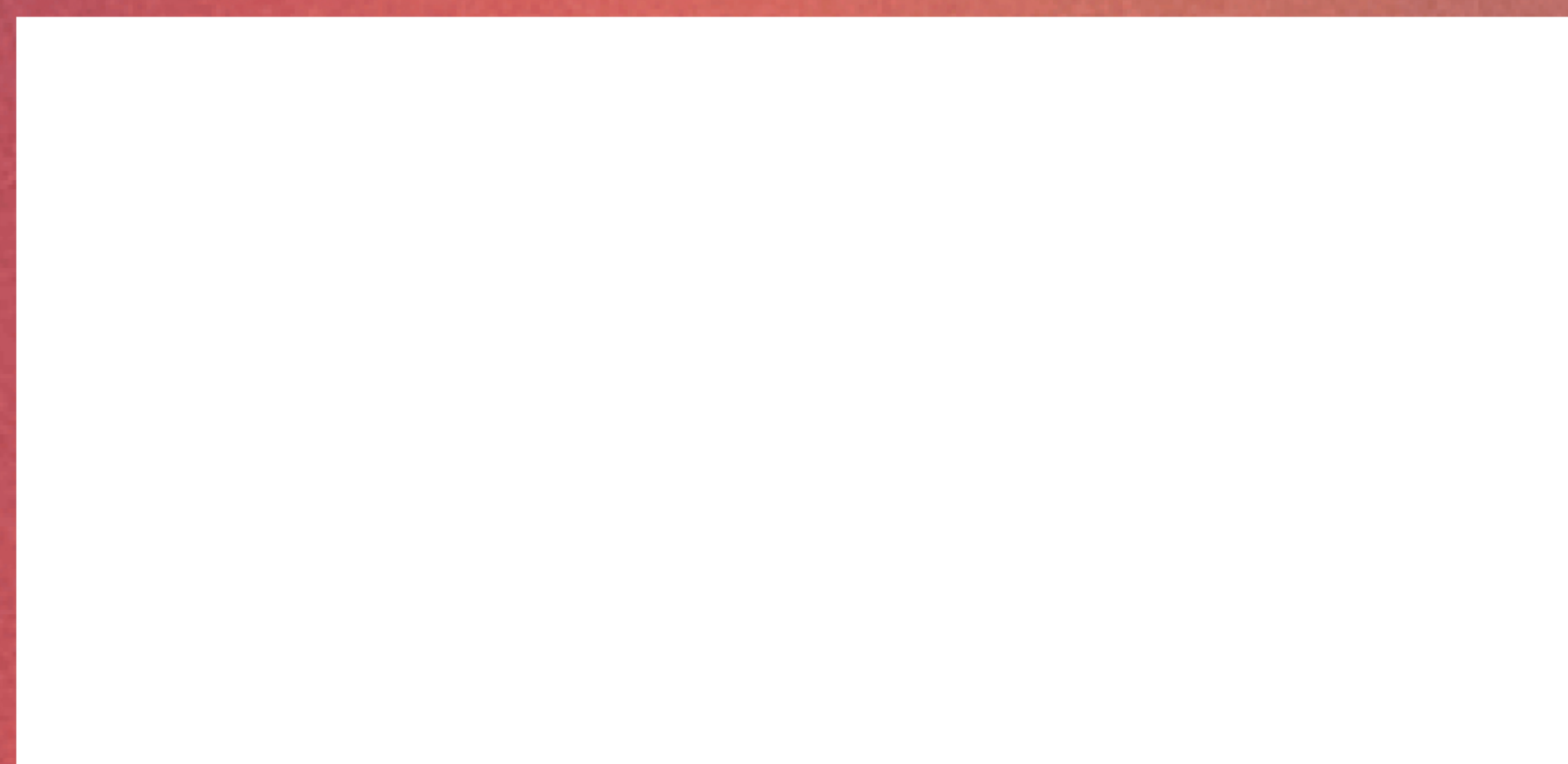
What do you want to remember?



How did you grow?




What do you want to celebrate?



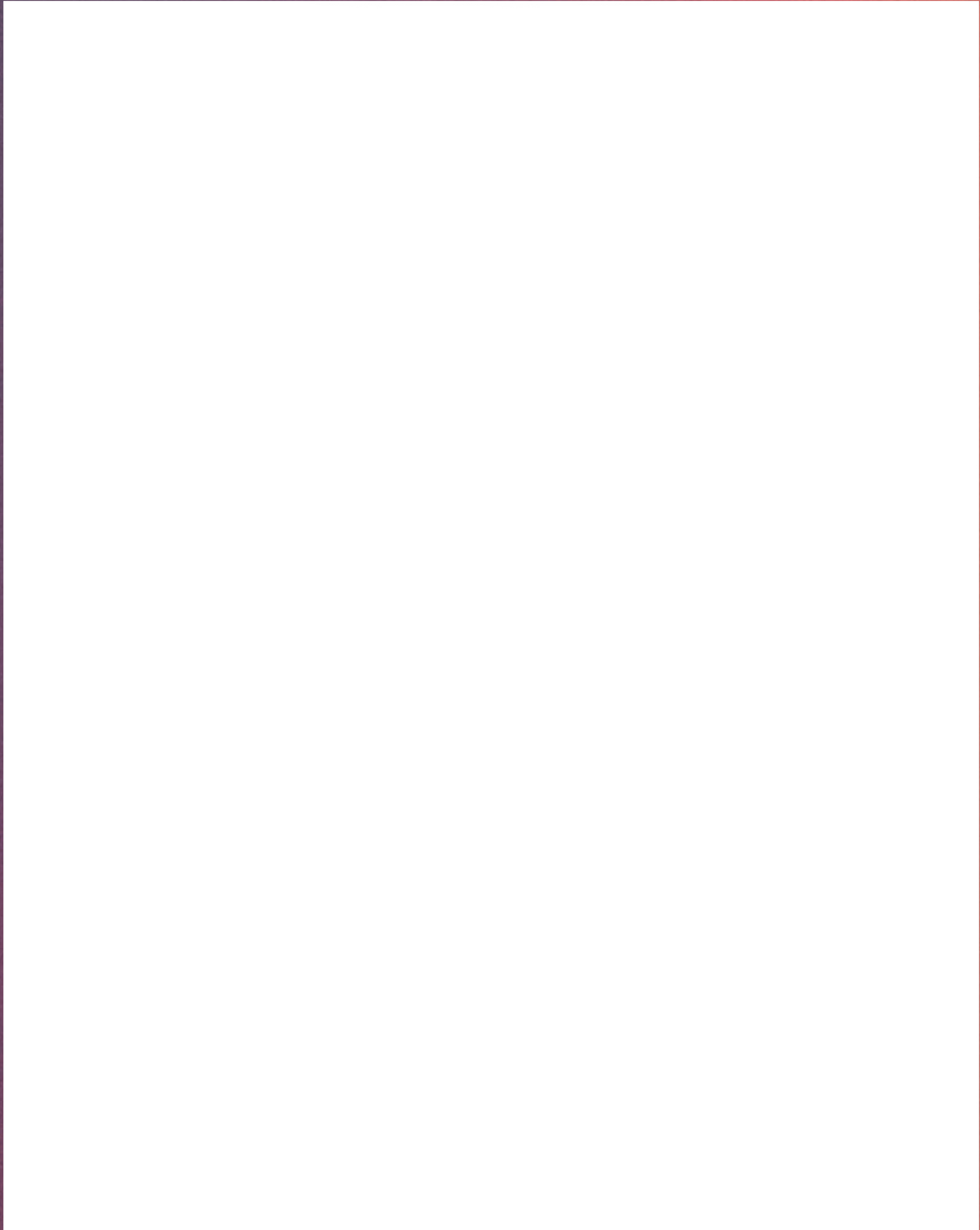
How did your heartbreak?



What are you grateful for?



2020 Reflections



Calm

2021 Intentions

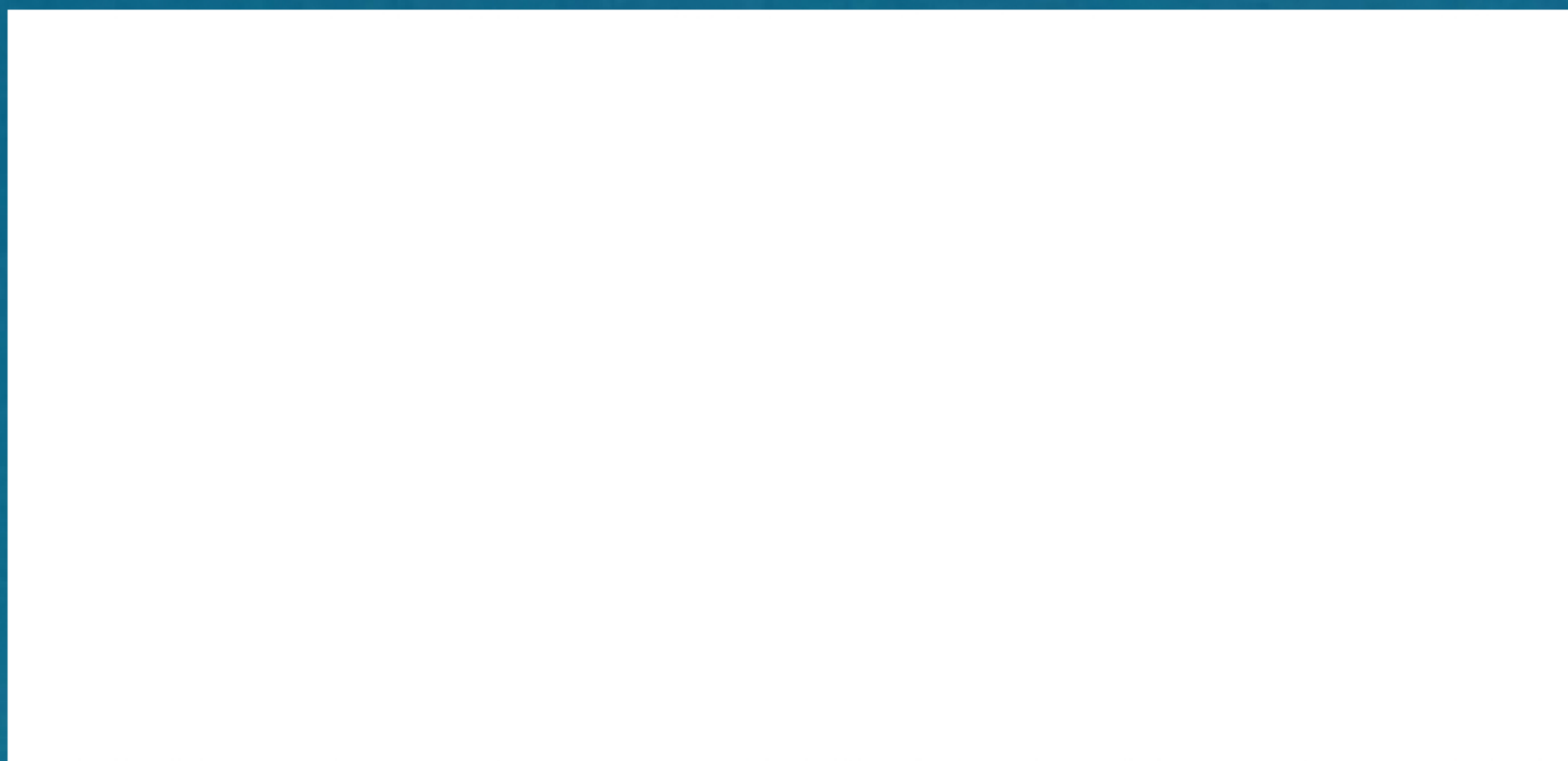
How do you want to approach 2021?



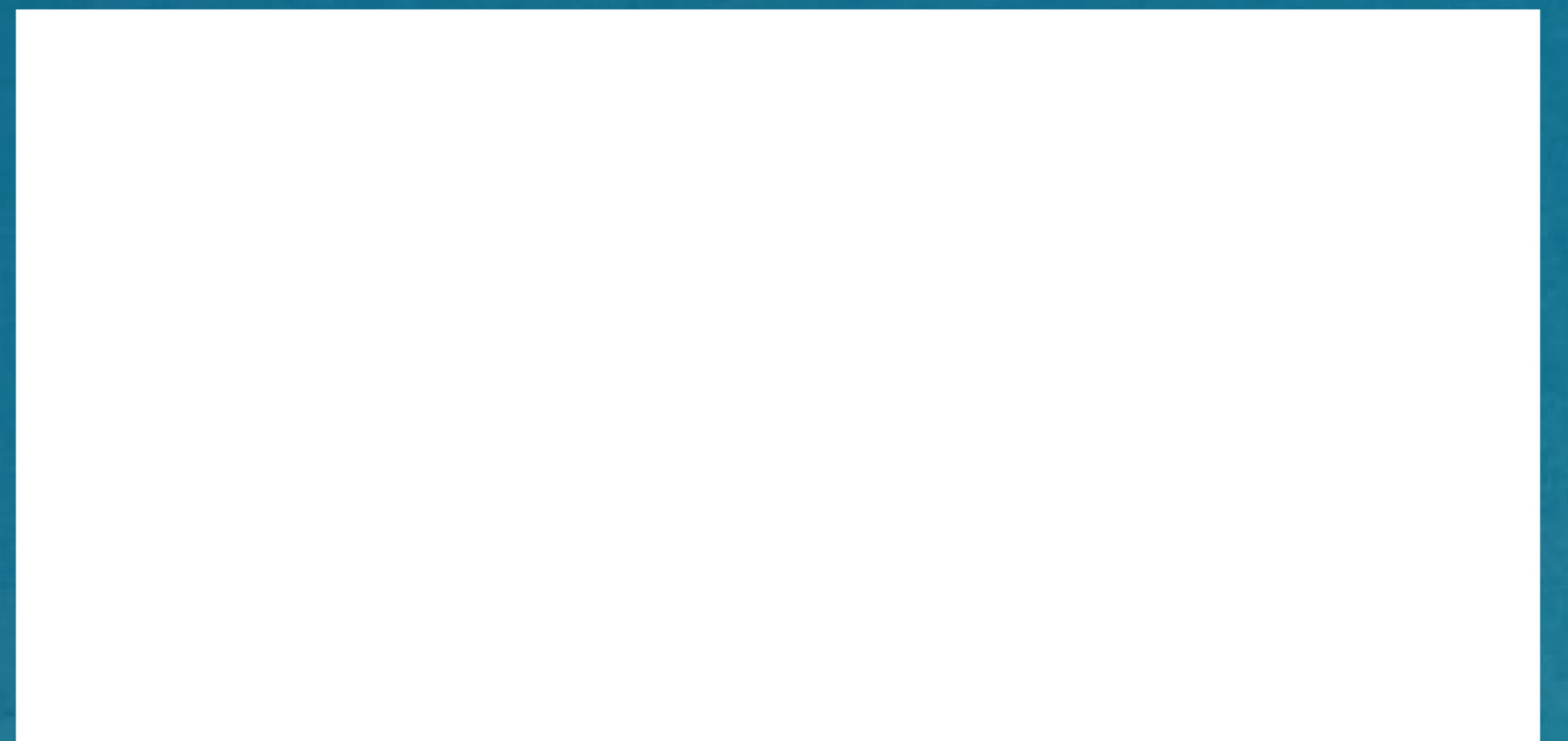
How do you want to take care of yourself?



What qualities do you want to cultivate?



How will you commit to yourself?



What do you want to let go of?




Where will you pour your attention?



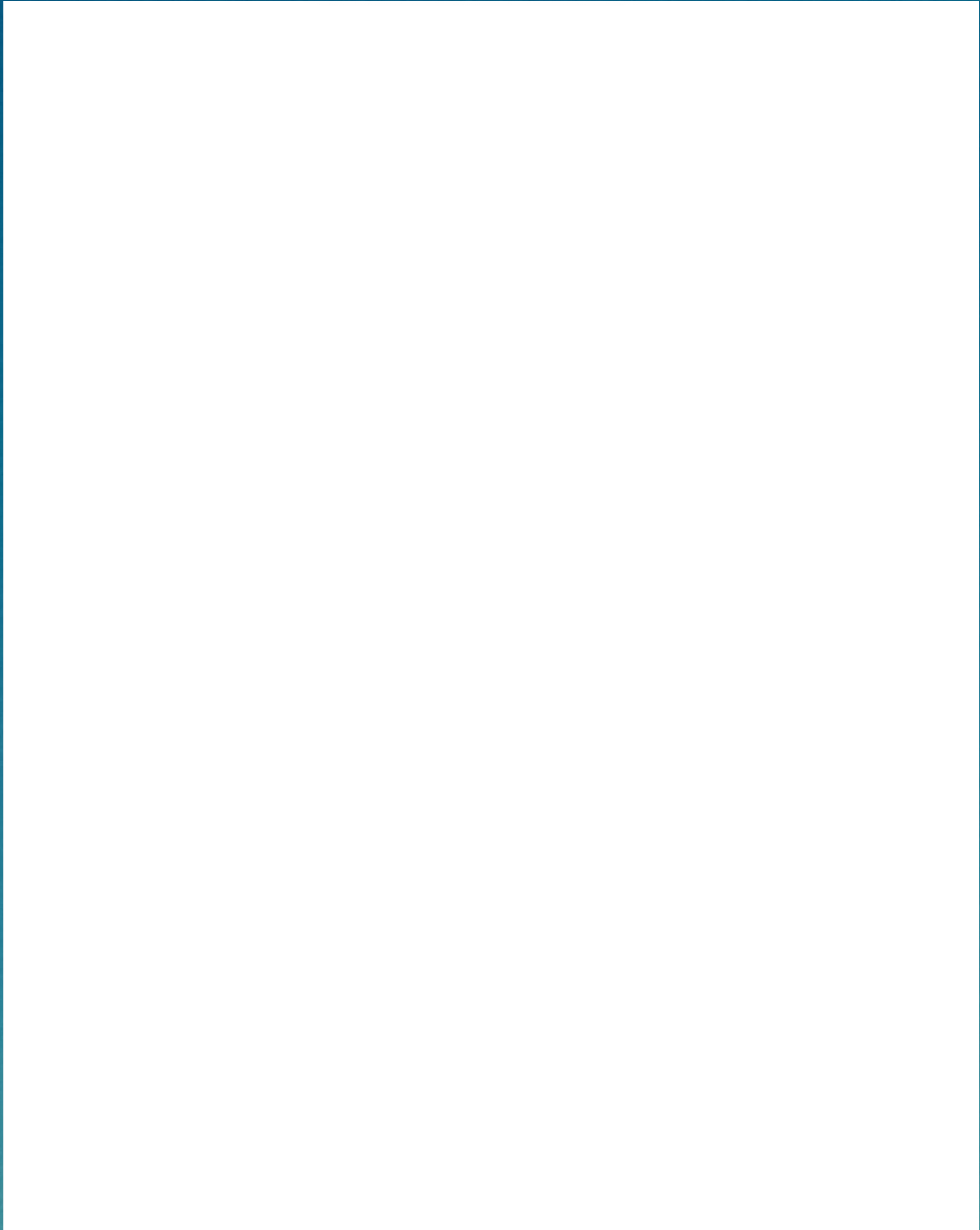
How do you want to grow?



What habits or practices nourish you?



2021 Intentions



When you consciously slow down and deepen your breath, you are letting your body know that it's okay to trust this present moment.

Yumi Sakugawa

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