

# completion & creation workbook.

rasha|shaar

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Hello there,

As always, I wanted to share a little something with my new year wishes to thank you for simply being AND being here.

While I cherish fresh starts, there's a flaw in our approach to the new year. Oh, the things we feel and do simply because the clock struck 12am on a manmade teller of time. The pressure and expectations this time brings often lead to demotivation, a sense of "failure," or burnout. My loves, the magic of fresh starts is a timeless journey that extends beyond the stroke of midnight on January 1<sup>st</sup>. **Newness is a constant companion**, accessible whenever we choose to acknowledge it, especially for the ladies embracing their monthly cycles of renewal. I want to remind you that as the world celebrates the new calendar year, **nature whispers that it's winter** — a season urging cocooning, rest, and reflection. So instead of hastily setting and striving to make resolutions happen, let's honor the natural rhythm of life to create all that we desire this year with more **ease and efficiency**.

As this workbook was launched, it's also designed to be done the same way — without a sense of urgency. There's no pressure to finish it now, or at all. It's simply a tool to support you as you sit in the **stillness** of the present moment to **reflect** on your past and **envision** your future for **aligned action and accountability** from an **embodied and intentional**. This may mean waiting until spring (when nature itself starts anew), or by following the instructions and tips provided to help you in setting gentle winter intentions and action steps for this current season — don't worry about the details, I'll help you navigate as we go.

I hope you enjoy this gift of guidance and support from my heart to yours.

May this year bring you all that you desire and deserve. May we also see Palestine free.

*P.S. If you already like the sound of this and are curious about my offerings [click here](#) to book a **FREE Clarity Call**, or reach out to me by email or on [IG](#)!*

With humongous love,

A handwritten signature in black ink, appearing to read 'Rasha', with a stylized, flowing script.

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## THE INSTRUCTIONS:

1. **Carve out an hour** ⌚ — This exercise isn't a task to just tick off your last to do list of the year, it's something to sit with and savor because it won't be of service to you otherwise. So don't force it or rush through it. The right time will present itself if you truly intend to make time for it knowing it can take as long or as little time as you want it to.
2. **Get the workbook ready** 📄 — You can fill it out digitally, but I really do suggest you print it out and go in old school. Not only will it make filling the tables easier (in my opinion), but the physical act of writing also engages different cognitive processes that enhances memory retention and allows for deeper connection with your thoughts and emotions, making the ritual so much more powerful, BUT you do you!
3. **Set the mood** 🕯️ — Put your phone on silent (or airplane mode if you're reading this on there), get comfy, quiet down, light a candle, put on some music, and get started. You can be with yourself, with your partner, your bestie, or your pet. If it feels right to do this with someone else, feel free to share your answers with each other only after giving yourself time to be with it in yourself first.
4. **Get started** 🌀 — Take your time to read, ponder, feel, and answer the prompts on the following pages, and just fill em' in. Although you are taking it slow also know that there is no final draft, and you can always come back to it (I'm still filling mine in as they come to me).
5. **Share, my love** 💕 — If this served you, feel free to share it with anyone you feel it would also serve, share what you learned about yourself with your favorite people, and with me! I would SO love to hear what insights/feedback emerges as you go through this workbook — reach out via email or on [IG](#)!

PART 1 —

completion.

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## A. THE TABLE

**STEP 1.** Fill in the table on the following page with all the **blessings** and **struggles** you went through this year, big or small, in the “area of life” listed as you see fit. Start with what you remember, and then maybe scroll through your photo gallery, calendar, or journal to jog that memory.

**STEP 2.** Once the above is complete, assign a **satisfaction score** out of 10 for each “area of life” in the same table (10 being the most satisfied, 1 being the least), accompanied by a little **explanation** for each score, and conclude with any hindsight **wisdom** gained regarding that aspect of your life over the past year.

Example:

AREA OF LIFE	BLESSINGS	STRUGGLES	SCORE	REASON	INSIGHT
Self-Growth & Development	<ul style="list-style-type: none"> <li>- Healed some past trauma</li> <li>- Worked on generational patterns</li> <li>- Cooked more than ever</li> <li>- Read a book/month-ish</li> <li>- Started learning a new language</li> <li>- Embodiment + Somatics certifications</li> <li>- Etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Intense highs and lows in healing process</li> <li>- Overwhelming desire to understand things</li> <li>- Over studied the first half of the year led to some burnout</li> <li>- Etc.</li> </ul>	9	This year I healed so much old and “forgotten” trauma.	Always having my own coach helps me be a better person AND coach myself.

AREA OF LIFE	BLESSINGS	STRUGGLES	SCORE	REASON	INSIGHT
Self-Growth & Development					
Fun & Recreation					
Health & Wellness					
Career & Work					
Money & Finances					
Relationships & Connection					
Environment & Community					
Spirituality & Faith					

B. THE PROMPTS

What “area of life” did you pour the <b>most love/attention</b> into this past year? Elaborate as you see fit.
What “area of life” did you pour the <b>least love/attention</b> into this past year? Elaborate as you see fit.
What “area of life” were you the <b>most satisfied</b> in this past year? Elaborate as you see fit.
What “area of life” were you the <b>least satisfied</b> in this past year? Elaborate as you see fit.

What are <b>3</b> things that you’re most <b>grateful</b> for from this past year?
What are <b>3</b> things you’re most <b>proud</b> of yourself for from this past year?
What are <b>3</b> things you’ve <b>learned</b> about yourself this past year?

PART 2 —

creation.

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## A. THE TABLE

**STEP 1.** Under each “area of life”, write all the things you would love to **stop** doing or leave behind, all the thing you want to **continue** doing or take into the new year, and all the things you want to **start** doing or invite into the new year. You can keep building on this table over the next few days/months as they come to you).

**STEP 2.** Once the above is complete, select **1 stop**, **1 continue**, and **1 start** from the entire table to focus on for the next **3 months\***. They can be from the same or from different “areas of life”.

*\* This is the step you will come back to **every 3 months** to choose your next 3 intentions, aligning them with your current life circumstances, and prioritizing what resonates most in that season — If nothing resonates from the list, feel free to return to the previous step and start the process anew!*

*\* Select what feels the warmest in your system for this winter season or stop here and return to this step in the spring.*

Example:

AREA OF LIFE	STOP	CONTINUE	START
Self-Growth & Development	<ul style="list-style-type: none"> <li>- Studying for the first half of the year</li> <li>- Looking for learning in everything</li> <li>- Reading to study too much</li> <li>- Etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Investing in myself with coach/mentor</li> <li>- Healing parts of my past</li> <li>- Playing with new healing modalities</li> <li>- Etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Writing poetry again</li> <li>- Learning an instrument</li> <li>- Monthly challenges with Mo</li> <li>- Etc.</li> </ul>

AREA OF LIFE	STOP	CONTINUE	START
Self-Growth & Development			
Fun & Recreation			
Health & Wellness			
Career & Work			
Money & Finances			
Relationships & Connection			
Environment & Community			
Spirituality & Faith			

**STEP 3.** For the **3 chosen intentions**, complete the table in the following page by listing the **emotions** associated with their achievement, outlining the **actions** necessary to bring them to life and evoke those emotions, and conclude with **1 sentence** summarizing who you need to be to do so with the **quality** you need to embody and an **identity/persona** you can call in to embody that quality with more ease. If applicable, you can even integrate other intentions listed in the previous page that support the 3 intentions you selected.

Example:

INTENTIONS		"FEEL DUMP"	"DO DUMP"	"BE ____ LIKE A/AN ____"
STOP	Studying for the first half of the year.	<ul style="list-style-type: none"> <li>- Light</li> <li>- Free</li> <li>- Celebratory</li> <li>- Integrated</li> <li>- Wise</li> <li>- Still</li> <li>- Content</li> <li>- Etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Celebrate 2 new qualifications</li> <li>- Enjoy more free time</li> <li>- Focus on business</li> <li>- Create new offerings</li> <li>- Open up new businesses</li> <li>- Review course content</li> <li>- Read books for fun</li> <li>- Etc.</li> </ul>	Be experimental like a scientist.

INTENTIONS		"FEEL DUMP"	"DO DUMP"	"BE ____ LIKE A/AN ____"
STOP				
CONTINUE				
START				

## B. THE PROMPTS

Create a **plan/set do-dates** for the “**do dump**” section listed above for the next 3 months.

*Tip: I like to simply add them as events in my calendar, including any necessary steps to achieve each one.*

Brainstorm and pick **structures/prompts** to remind you to embody the 3 energies described in the “**be \_\_\_\_ like a/an \_\_\_\_**” section to make the execution of the actions more effortless.

*Tip: Keep it simple – a sticky note on the mirror, an object symbolizing them on your dresser, adding them to your vision board, sharing them with a loved one for friendly reminders, etc.*

Finally, choose a word to act as a **title** for your upcoming experiences that encompasses the essence of all that you desire and intend to create for yourself this year.

*Tip: Pick a word (I chose 3 for now, hehe) but remain detached – your chosen title may change with time as you will, so simply reassess its resonance at your 3-month check-in.*

**THANK YOU —**

**LET'S CONNECT,  
IF YOU FEEL CALLED TO.**

**Rasha AlShaar**

Mind-Body Coach & Human Being

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