

Reflections and Projections 2025

How to Manifest the BEST Year of Your Life (So Far!)

Do you know what's a million times better than getting to the top of the mountain? Getting there after having been so lost you seriously wondered if you ever would. Yeah Baby, The Universe

Exercise 1 - Reflections 2024

What made me happiest: _____

What made me proudest: _____

The most valuable lesson(s) I learned: _____

Adversity, challenges, and bumps in the road are often the first signs that a great healing has begun. The Universe

Exercise 2 - The Greatest Gift to Yourself and the World: *Your* Authenticity

What MOST LIGHTS ME UP:

1) _____

2) _____

3) _____

Exercise 3 - Name Your TOP 3 Priority Areas for Transformation

For example: Wealth & Abundance, Creative & Fulfilling Work, Friends & Laughter, Intl. Travel.

1) _____

2) _____

3) _____

Decide and insist upon your general transformational priority areas, then visualize them, without attachment to the hows, whos, whens, or wheres that will bring them about.

Exercise 4 - Crafting Intentions That Will Rearrange the Stars of Your Life

I intend to be known for (and I already am):

1) _____

2) _____

3) _____

The things that are common to you, like windy mornings, starry skies, and old trees; beetles, strawberries, and doorbells; coffee, blue jeans, and summertime... are not common to us. Enjoy every flippin' moment... The Universe