

WELCOMING 2025!

CLOSURE ON 2024:

How has this past year been for you? What were the most significant **EVENTS**/challenges/celebrations?

What did you **LEARN** from those challenges or events?

What did you do this year that you're **PROUD** of?

What do you **LOVE MOST ABOUT YOURSELF**?

What have you been most **GRATEFUL** for from this last year? Write as many as you can.

Did anything happen that needs to be **FORGIVEN** (self or others) to find more FREEDOM?

Say to yourself: "I forgive you _____. I let you go with love, peace and harmony in my heart. I love you, I honour you, I appreciate you as a Divine teacher in my life. I release you now with love. Thank you."

Say your final goodbyes with gratitude to 2024 for all the learning & growth!

By: Gloria Arndt, with some content from Zarina Chopra and Mel Robbins
Jean-Luc Allaire

WELCOME 2025:

First, choose a **WORD TO GUIDE YOU** through the next 12 months. Pick a word that makes you feel... expanded, inspired, encouraged. There is no right or wrong answer, so go with your intuition. **See list attached**

What's your **WORD** for 2025?

If you truly **EMBODIED** your Word every day in 2025, what would you **DO DIFFERENTLY**?

List 3 **UNHELPFUL BELIEFS/HABITS/EMOTIONS** you're ready to release this next year.

What new **THOUGHTS/BEHAVIORS/CHOICES** do you wish to incorporate more of in 2025?

How could you **"BE LOVE"** more this year? How could you **LOVE YOURSELF MORE**?

What is the biggest **GOAL** you want to work on this year?

WHY does this goal matter to you right now?

What **ACTION** can you take today to get started on this goal? How will it **FEEL** to get started?

2025 AFFIRMATIONS

Here is where the magic comes together! After you have filled in this section, take three deep breaths, and speaking with conviction, say these affirmations out loud every day with one hand on your heart and a smile on your face!

2025 will be the year I...

I want 2025 to FEEL...

I will make MORE TIME for...

This year, I will say NO to...

I will RECHARGE my batteries by...

This year, I will say YES to...

This year, I will OPEN MY HEART to...

I DESERVE to have the BEST year of my life!

I will pay MORE ATTENTION to...

I SUPPORT MYSELF in making positive changes!

I will LEARN more about...

I LOVE MYSELF completely and unconditionally!

I will RELEASE MY ATTACHMENT to...

I am BRAVE enough to start! I have the COURAGE to go after what I want! I will be AUTHENTICALLY ME!

Print your affirmations out and put them up somewhere you can read them out loud every morning and evening. Use your power to activate the magic you have created today into your life! Smile, and welcome 2025 as your best year yet!

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