

# New Year's Resolutions

December 31, 2022

After completing the meditation, **PRINT OUT** these pages and write down any insights, revelations and thoughts that came to you.



## Statement of Intention

Ascended Self,  
Raise the Frequencies of

- \* My Physical Body,
- \* My Emotional Body,
- \* My Mental Body &
- \* My Spiritual Body

to Match ALL of the  
Frequencies of You NOW!



What Experience Do I Most Desire to Release From My Life?

# New Year's Resolutions

December 31, 2022



What is my Soul's Purpose in this Life?

A large, empty rectangular box with a golden-brown border, intended for writing a resolution.

# New Year's Resolutions

December 31, 2022



**What Inspired Action Do I Take to Achieve This?**

# New Year's Resolutions

December 31, 2022



**How much Money am I Willing to Let Flow into my Life Now? What Does this Look Like?**

# New Year's Resolutions

December 31, 2022



**What is the Support I am Open to Receive?**

A large, empty rectangular box with a golden-brown border, intended for writing a resolution.

# New Year's Resolutions

December 31, 2022



**How Does My Physical Body Want to Express Itself  
in this Life?**

A large, empty rectangular box with a gold border, intended for writing a resolution.

# New Year's Resolutions

December 31, 2022



## How Can I Best Support My Body?

A large, empty rectangular box with a golden border, intended for writing resolutions or notes.

# New Year's Resolutions

December 31, 2022



**What Relationships Does my Soul Want to Experience in this Life?**

A large, empty rectangular box with a golden-brown border, intended for writing the answer to the question above.

# New Year's Resolutions

December 31, 2022



**What were all of the Experiences, Insights & Epiphanies during your Optimal Life Journey?**

# New Year's Resolutions

December 31, 2022



**Write Down Any Additional Resolutions & Notes**