

RELEASE THE ENERGY OF 2017 AND CREATE A JOYFUL 2018

Let's bring some clarity to what you want for yourself in 2018. The best way to do that is to clear away any negative thoughts or energy about those pesky challenges in 2017. We call this part Releasing.

Find yourself a quiet, cozy spot. Light some candles if it suits you. Take some deep breaths and let's begin!

Step 1 – Write down 5-10 feelings, experiences, situations, set of circumstances, etc... that you'd like to release from 2017. Some examples could be: Not having enough money, Getting sick a lot, Feeling lonely, Being unhealthy, Feeling unhappy at work, etc.

Step 2 – Look down at your list and pause over each line item. Think about the set of circumstances around each and how it makes/made you feel. Now, get ready to say goodbye and good riddance!

Step 3 – Read each statement aloud preceded by: "I am through with or I am done with" For example: I am done with not having enough money! I am done feeling lonely! I am through with being sick!

And now the fun part! You can either tear up this page into pieces and flush down the toilet, you can burn it or stick it in the shredder. It's cold outside but if you want to bury it in the backyard, that works too! Whatever you choose, just be careful and be done with it!

Now that we've cleared that away, we can clearly focus on what we want to invite into our lives for the upcoming year. This is where we get to Create.

Grab a clean sheet of paper and let's get clear on what you do want from 2018.

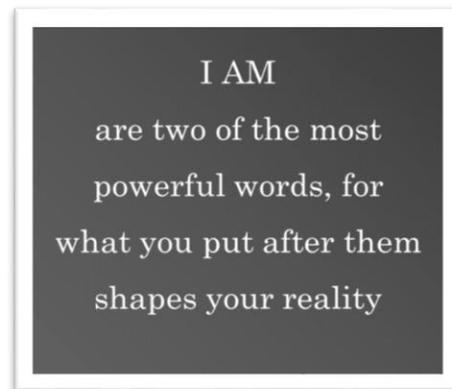
Perhaps you want to change jobs or move from your current home. Maybe you want to get in shape. Here is how we'd like for you to write these desire statements down.

I am moving into my dream house / **I am** running my first 5K! / **I am** starting my own business. Got it?

As you look over your list, visualize yourself experiencing these things. How does it make you feel? Focus on those feelings and the positive energy around these statements. When you set your intentions, aloud and in writing, your subconscious mind picks it up and believes it and stores it away. Just spend a few minutes thinking about how wonderful your life IS, when these statements are in effect. Keep your list in a visible spot so you refer to it often.... **"And so be it."**



theherd@inspiredelephant.com
www.inspiredelephant.com



The Power of I AM

There is something powerful about an "I am" statement. It's assertive. It's stating that you are taking ownership of what you want to occur. And there is a peace of mind and certainty that comes from thinking/knowing that you are taking control in your life.

Our subconscious minds do not think in terms of past, present or future. If we affirm that we "want" something, then we get "the wanting" but not the actual thing we desire.

To move away from "the wanting", affirmations work best in the **present tense!**

That is why we encourage the use of **I AM.**

Our subconscious mind does not care what we select; it will process the input regardless. So, to start creating a more positive and desirable outcome, we encourage a selection of positive words to help move us in the right direction