

JANUARY

Writing Prompt



Embracing 2023

A mediation:

You have come to the threshold of a new year. You carry things on your back, in your arms.

An invitation beckons from the other side of this doorway:

“Release what is common so you can receive what is sacred and wrapped in goodness.”

What do you see yourself releasing and putting to rest before crossing the threshold?

Make a list

Select your top three

Then write and reflect on the following three prompts.

I am choosing to release/put down:

1. _____
2. _____
3. _____

I am intentionally creating space to receive and partner with more excellent things! And they are:

1. _____
2. _____
3. _____

Activation:

Stand in front of a mirror, post them on sticky notes, write them on your heart and repeat... daily:

“I am ready to receive the sacred, the goodness, the more excellent things that are mine for the taking right now.

Yes and amen to...”

Name: The top 3 items on your receiving list

Declare: You are free and clear to partner with the new

Take: Ownership of what you are preparing to receive in place of what you released.

Now: Share with me and my community about your great exchange!

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