

DIVINELY
Aligned
2019

REFLECTIONS & INTENTIONS
WORKBOOK

GET READY FOR SOME SOUL FUEL

Let this sacred ritual be the soul fuel you need as you start out your new year.

It is when we do these rituals of reflection and intention where we're able to take a moment of pause, rest and truly reflect on our life. It is when we stop and reflect on our year that we begin to see all the amazing progress we've truly made. Often we get so caught in the thick of it, we tend to miss the important things like our victories and transformations we've achieved over the past year.

WE ARE ARCHITECTS OF DESIRE

It's important to remember we are co-creating our life in each moment whether we are conscious of it or not. Vision boards are one thing but when we get out our pen and specifically get clear with the universe, we start going into something deeper.

When we step up into conscious intention with our goals, dreams, wishes and desires, we start creating miraculous magic. By miraculous magic I mean, we start transitioning into the miracle mindset where we begin to choose love over fear.

As co-creators of reality we always have the ability to choose again.

Let this workbook give you the soul-mapping to step into 2019 with a charged energy of conscious intention and get you pumped with taking aligned actions!

Let this workbook serve you as you reflect and let go of the year.

I recommend getting your favorite color pen

A delicious cup of your favorite beverage - I would choose coffee or cuppa tea
Lighting some candles, using some oils or whatever you prefer to make yourself comfortable and relaxed.

Meditate before hand with a few deep breaths.

And lastly find your favorite comfy spot as you begin your ritual.

YOUR BIGGEST CHALLENGES

WHERE HAVE I BEEN GIVING AWAY MY POWER THIS YEAR?

WHAT SPECIFICALLY HASN'T BEEN WORKING?

(Where are you most struggling that needs to shift)

WHAT HAS BEEN WORKING SUCCESSFULLY, THAT I'D LIKE TO GET STRONGER AT NEXT YEAR ?

(KEEP A SPECIAL NOTE OF THIS - THIS IS WHAT LIGHTS YOU UP!)

CELEBRATE + LET GO

It's time to express your goodbyes and appreciation for everything you've experienced this year! whoo! Use this sacred space to express your gratitude, what you're fully ready to let go of for good, and everything you truly appreciated in 2018. When our heart is full of gratitude, we attract miracles.

WE CLOSE THIS CHAPTER.
THANK YOU 2018, WE ARE COMPLETE.

DIVINELY

Aligned

INTENTIONS

LIGHT CONTRACT

Let's start getting into alignment with our soulmapping of the year ahead.

Let's start with a Light Contract with Higher Self. Our Higher self is our cosmic bff who helps guide us along our path. I consider our higher self to be our future self as we work in tandem together. It's beautiful to connect and talk with Higher Self as it opens up our energy towards amazing guidance and wisdom. I will give you an example of a light contract and you can use the example or create your own as it resonates with you.

Dear Higher Self,

I am ready to create a divinely aligned year in 2019. I choose to allow myself to be guided by my authentic vision, align with my true self and awaken my dreams. May everything that comes into my life be manifested for the highest good of all involved. Thank you for supporting me, taking care of me and guiding me towards my soul's purpose. I allow you to help me expand my light with the world and be fully supported with everything I need and desire to ground my intentions into reality.

Thank you, I love you,

Sincerely,

MY LIGHT CONTRACT

Dear Higher Self,

SOULMAPPING

In the next spaces, we're going to start soulmapping both our masculine and feminine goals.

I love this unique process because it's a very balanced way to bring our goals into reality. This process helps us ground our intentions, through very specific clear goals. Therefore it's important to really not hold yourself back here and truly DREAM BIG with intention. However make it measurable, specific and CLEAR because the universe loves when we get specifically clear with the goals we desire. Use the provided space to completely let go and dream big. Soul mapping is a great way to be specific but also touch all areas of your life that you wish to create more conscious intentions into your reality.

Remember you are co-creating your life and YOU ARE WORTHY.

**IN EACH BOX:
WRITE YOUR INTENTIONS**

**THEN ON THE SIDE:
WRITE HOW YOU DESIRE TO FEEL IN EACH OF THESE AREAS.**

As you fill in the boxes ask yourself these questions:

What do you value for your life? What would you unapologetically desire for your life?

What aligned actions do I desire to bring forward in 2019?

How Can I start aligning with my Authentic Vision?

Where do I desire to be in 12 months time?

IF NEW TO INTENTIONS:

Let's Answer without the lack mentality by having a present tense:

"I desire and choose to receive..."

"I intend to manifest..."

"I choose to receive"

DIVINE MASCULINE

WHAT ALIGNED ACTIONS DO I DESIRE TO BRING FORWARD IN 2019?

HEALTH & PHYSICAL BODY	WEALTH
MATERIAL WORLD	COMMUNITY & LEADERSHIP
CAREER. BUSINESS.	LEARNING. DREAMS. GOALS.

DIVINE FEMININE

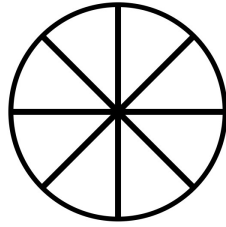
HOW DO I DESIRE TO ALIGN WITH MY AUTHENTIC VISION IN 2019?

<p>SELF-CARE/SELF-LOVE</p>	<p>RELATIONSHIPS</p>
<p>BELIEFS & MINDSETS</p>	<p>SPIRITUALITY</p>
<p>PLEASURE/FUN</p>	<p>PERSONAL GOALS</p>

DIVINE BALANCE

USE THIS EXTRA SPACE FOR EXTRA GOALS.DREAMS.WISHES.
BUSINESS & PERSONAL GOALS

ETHER



WHO DO I NEED TO BECOME IN 2019 TO EMBODY
MY VISION?

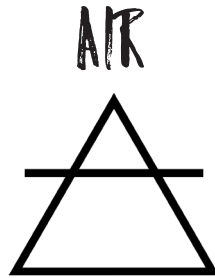
HOW DO I DESIRE TO FEEL IN 2019?

WHAT THREE PRACTICES & TOOLS DO I WISH TO USE TO
HELP MY SPIRITUAL GROWTH?

WHAT MUST CHANGE IN MY LIFE TO ALIGN WITH
MY TRUE SELF?

WHAT SPIRITUAL GIFTS & SKILLS WOULD I LIKE TO IMPROVE THIS YEAR?

WHAT DOES IT FEEL LIKE WHEN I AM FULLY SUPPORTED & TAKEN CARE OF BY THE UNIVERSE?



WHAT WOULD I LIKE TO LEARN & GET GOOD AT THIS YEAR?

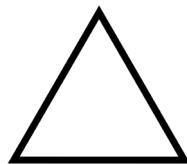
WHAT 3 BOOKS OF WISDOM DO I INTEND TO READ & LEARN FROM THIS YEAR?

WHAT LIMITED BELIEFS DO I NEED TO RELEASE FROM MY LIFE?

WHAT DO I PERSONALLY OR PHYSICALLY NEED TO RELEASE THIS YEAR?

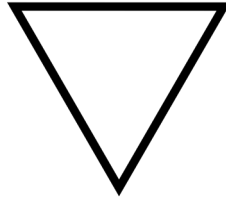
HOW CAN I LET GO & RELAX MORE, STRESS LESS THIS YEAR?

FIRE



WHAT 3-5 ALIGNED ACTIONS CAN I TAKE TO GET MOMENTUM GOING TOWARDS MY GOALS? DO IT!

WATER



LIST 5 THINGS YOU ARE GRATEFUL FOR ABOUT YOURSELF?

LIST 5 WAYS YOU CAN BE MORE KIND, CARING & GENTLE
TO YOURSELF IN 2019?

WHAT PART OF YOURSELF DO YOU YEARN TO NURTURE
IN 2019? WHAT PART OF YOU NEEDS MORE LOVE?

LIST 5 WAYS TO CONNECT MORE & BE MORE PRESENT
WITHIN YOURSELF & YOUR RELATIONSHIPS?

WHAT EMPOWERING SELF-WORTH RITUALS CAN YOU BEGIN TO ADD TO YOUR DAILY ROUTINE TO SUPPORT YOU IN YOUR DAY TO DAY LIFE?

HOW CAN YOU BRING MORE SELF-LOVE & LESS JUDGMENT INTO YOUR LIFE?



WHAT MUST PHYSICALLY CHANGE IN MY LIFE TO ALIGN WITH MY TRUE DESIRES, DREAMS & GOALS?

LASER FOCUS TIME

WHAT DO I DESIRE TO CO-CREATE IN 2019?

WHAT IS MY MAIN FOCUS FOR 2019?

WHAT ARE MY TOP THREE GOALS?

1. _____
2. _____
3. _____

WHAT COULD I DO DAILY TO HELP KEEP ME ALIGNED WITH MY GOALS?

WHAT INSPIRED ACTIONS CAN I TAKE IMMEDIATELY TO
START ALIGNING WITH MY DESIRES?

△ _____

△ _____

△ _____

△ _____

△ _____

△ _____

△ _____

△ _____

THE JOURNEY OF 2019

2019 WILL BE THE YEAR I FINALLY....

I WILL RELEASE MY ATTACHMENT TOWARDS...

I WILL NOURISH MYSELF WITH...

I WILL MAKE MORE TIME FOR...

I WILL LEARN ABOUT...

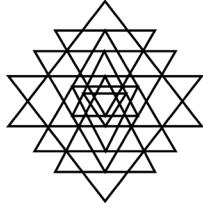
I INTEND TO FEEL MORE...

I INTEND TO BE...

I INTEND TO DO...

I INTEND TO HAVE....

WORKING YOUR LIGHT IN 2019



I CHOOSE TO MANIFEST _____

IN 2019 FOR THE HIGHEST GOOD OF ALL INVOLVED.

I INTEND THIS OR SOMETHING BETTER.

AND IT IS DONE!

YOUR MANTRA & EMPOWERED WORD FOR 2019

(Your mantra should be something personal and strong that helps pull you forward & keeps you present)

YOUR EMPOWERED STATEMENT TO KEEP YOU ALIGNED WITH YOUR DESIRES - RETURN TO THIS WHEN NEEDED

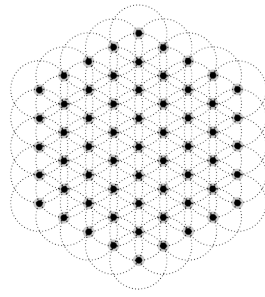
(Let this statement be infused with your life force energy, make it strong, powerful and deeply connected to your desires, you wish to bring forward. Ex. I am ready and willing to have a beautiful, abundant & thriving life!)

MESSAGE FROM HIGHER SELF

It's time to close up this ritual with a special empowered message from Higher Self aka your future self. This means we're going to write a letter to ourselves that is channeled from our future self. This can be potentially powerful and really bring up a message you need to hear. Let's start this year on a beautiful note by sparking a message of guidance and support to guide you as you go into 2019. Let Go and Fully Surrender your Pen to your Higher Self. Have Fun!

Dear _____ (Insert your name),

2019 will show you...



I hope your soul is feeling fired up and inspired as we close out 2018 and step fully into a new cycle in 2019. This ritual will help guide your soul on the path you truly desire and begin aligning with the universe's guidance.

I wish you so much love, success and abundance in the new year! Remember it's your Birthright to feel good and align with your desires!

Love & Blessing Light,

Ash 

Head over to our Facebook group and share your mantra for 2019 with us!

This helps us activate our intentions but also sharing our insights in community makes it feel more like its already a reality.

DREAM BIG, Let go of what doesn't serve, and have a
Miraculously Blessed NEW YEAR!

I AM READY TO BE GUIDED +
SUPPORTED TO ALIGN WITH MY
DIVINE DESIRES!

I BELIEVE + KNOW 2019 IS
FULL OF SUCCESS +
MIRACULOUS MAGIC
SO BE IT + SO IT IS.

