

DIVINELY
Aligned
2020

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 2020 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.

ACHIEVEMENTS

Let's start by acknowledging our victories and celebrating all we accomplished this year!

WHAT DID YOU ACHIEVE THIS YEAR?

(Big or small victories, they all count)

Congratulations on your victories this year! Head over to the facebook group and share your biggest achievement with our tribe so we can celebrate together!

WHAT DID YOU DO IN ORDER TO ACHIEVE THEM?

Remember this for next year as this is your soul strategy for success!

**HOW HAS YOUR LIFE CHANGED SINCE JANUARY,
WHAT DID YOU LEARN?**

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!)

WHAT DID YOU DESIRE TO ACHIEVE BUT FAILED TO ACCOMPLISH?

WHAT CHALLENGES AND FRUSTATIONS DID YOU FACE?

WHY DO YOU THINK YOU DIDN'T ACHIEVE THEM?

It's okay that you didn't achieve everything you wanted to this year. if we didn't have contrast, life would be pretty boring and we wouldn't have a reason to continuously grow.

It's good to remember everything unfolds and happens in divine timing, in the perfect order for you.

It's This or Something better remember?!

Don't allow this to bring you down or hold you back next year, Let's take a minute to Breathe, Release and Surrender all of this to the Universe. Repeat this out loud:

**I SURRENDER IT ALL
TO THE UNIVERSE**

WHAT ADVICE WOULD YOU GIVE YOURSELF TO MAKE SURE THESE CHALLENGES DON'T HOLD YOU BACK NEXT YEAR?

Highlight or star any points that stand out to you and remember to look back on this message when you need it. For Real.

**OUR SOUL TELLS US THE LESSONS OF
WHAT WE NEED TO REMEMBER
TO HEAL AND LET GO**

LESSONS OF 2019

WHAT WAS THE BEST LESSONS YOU LEARNED THIS YEAR
TO TAKE WITH YOU INTO 2019?

WHAT SPIRITUAL PRACTICES & TOOLS HELPED YOU THE
MOST THIS YEAR?

WHAT RESOURCES HELPED YOU GROW IN 2019?

(Books, Courses, Teachers, blogs, websites, videos, people who influenced you)

DID YOU DISCOVER ANY TOOLS, RESOURCES & PRACTICES THAT WOULD HELP YOU IN THE FUTURE?

Great! These are great reference tips for yourself to use in the new year. I recommend keeping these notes somewhere special such as a planner, evernote or a journal you use daily. This way you have a good reminder on what resonates and works for you!

**IS THERE ANYTHING OR ANYONE THAT NEEDS TO BE
FORGIVEN BEFORE YOU MOVE FORWARD?**

In this sacred ritual as we close out 2019, it's important to honor ourselves by letting go of what is no longer serving us. Let yourself be honest and real. Is there anything or anyone that still needs to be forgiven so you can go into 2019 with peace in your heart.

"We should be grateful for all situations that make us the most uncomfortable, because without them we would not know there is something unhealed in us."

- Ken Wapnick

ULTIMATE SUCCESS OF 2019

WHAT MADE YOU THE HAPPIEST THIS YEAR?

HONESTLY, WHAT WAS THE BEST MOMENT OF THE YEAR?

**IN SUMMARY, YOU REFLECTED ON YOUR ACHIEVEMENTS & FRUSTRATIONS.
YOU LET GO AND DISCOVERED YOUR SOUL STRATEGIES.**

**AS A WHOLE WHAT STANDS OUT TO YOU THIS YEAR?
WHAT GIFTS DID 2019 GIVE TO YOU?**

Spend a moment considering the gifts that 2019 offered to you.

The gifts I learned in 2019 are....

WHAT WAS 2019'S MANTRA OR EMPOWERED WORD?

(If you didn't have one, spend some time reflecting about what you think it should be)

DESCRIBE 2019 IN THREE WORDS:

**IF THE EVENTS OF 2019 WERE MADE INTO A MOVIE WHAT
WOULD IT BE CALLED?**

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 2019. When our heart is full of gratitude, we attract miracles.

WE CLOSE THIS CHAPTER.
THANK YOU 2019, 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 2020. 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 2020?

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 2020?

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 2020?

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

DIVINE BALANCE

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

VISION OF 2020

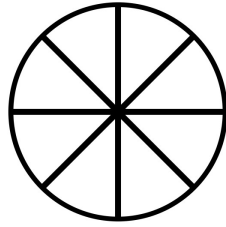
After soulmapping you have a pretty good idea of what you achieved and desired to make happen. Let's now play with our vision of 2020. The power of getting into vivid detail and visualizing with your imagination what you wish to make happen is a great tool to step into the new year. Let's take a moment to visualize and imagine it's the end of the year, it's New Year's eve going into 2020! What did you achieve this year, Where are you at? What happened this year, how do you feel? what does it taste like, smell like, what do you hear? Get Vivid and Have fun with this!

MY VISION OF 2020

It's New Years Eve and I am here to say....

Now say a prayer to the universe & release this into the ether.
Thank you Universe for...

ETHER



WHO DO I NEED TO BECOME IN 2020 TO EMBODY
MY VISION?

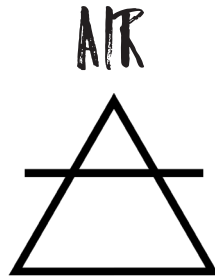
HOW DO I DESIRE TO FEEL IN 2020?

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?

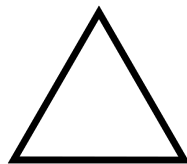
WHAT 3 BOOKS OF WISDOM DO I INTEND TO READ & LEARN FROM THIS YEAR?

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!

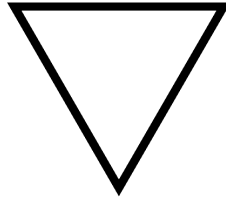
WHAT 3 INTERESTS OR NEW HOBBIES CAN I EXPLORE?

WHAT ARE 3-5 WAYS I CAN ENJOY MYSELF THIS YEAR?

WHAT ARE 5 WAYS I CAN START DOING WHAT LIGHTS
ME UP?

HOW CAN I LET THE EXCUSES GO & START TAKING ALIGNED
ACTIONS TOWARDS MY DREAMS?

WATER



LIST 5 THINGS YOU ARE GRATEFUL FOR ABOUT YOURSELF?

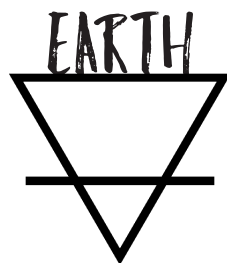
LIST 5 WAYS YOU CAN BE MORE KIND, CARING & GENTLE
TO YOURSELF IN 2020?

WHAT PART OF YOURSELF DO YOU YEARN TO NURTURE
IN 2020? 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?

WHAT PLACES WOULD I LIKE TO EXPLORE IN 2020?

WHAT WAYS CAN I FEEL MORE GROUNDED & MINDFUL
IN MY BODY & IN MY LIFE?

WHAT 3 WAYS CAN I BRING MORE POSITIVE AND
PEACEFUL ENERGY INTO MY HOME?

HOW CAN I START GROUNTING MY INTENTIONS INTO
REALITY?

LASER FOCUS TIME

WHAT DO I DESIRE TO CO-CREATE IN 2020?

WHAT IS MY MAIN FOCUS FOR 2020?

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 2020

2020 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...

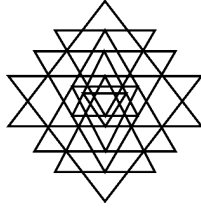
I INTEND TO FEEL MORE...

I INTEND TO BE...

I INTEND TO DO...

I INTEND TO HAVE....

WORKING YOUR LIGHT IN 2020



I CHOOSE TO MANIFEST _____

IN 2020 FOR THE HIGHEST GOOD OF ALL INVOLVED.

I INTEND THIS OR SOMETHING BETTER.

AND IT IS DONE!

YOUR MANTRA & EMPOWERED WORD FOR 2020

(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!)

YOUR ALIGNED ACTION PLAN

GIVEN EVERYTHING WE DISCOVERED BRAINSTORM BULLET POINT
STYLE EVERYTHING YOU CAN DO TO SUPPORT THESE DESIRES.
WHAT ACTION CAN YOU TAKE TO JUMPSTART THE MOMENTUM?
FREE FLOW WRITE.

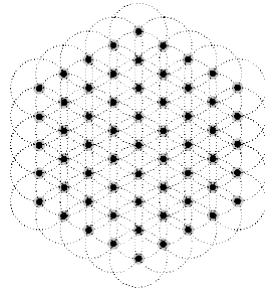
Now we Have a Game plan!

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 2020. Let Go and Fully Surrender your Pen to your Higher Self. Have Fun!

Dear _____ (Insert your name),

2020 will show you...



I hope your soul is feeling fired up and inspired as we close out 2019 and step fully into a new cycle in 2020. 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 2020 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 2020 IS
FULL OF SUCCESS, BLESSINGS,
MIRACLES + MIRACULOUS MAGIC
SO BE IT + SO IT IS.

